



VAPING TEENS, NAVIGATING MOTHERHOOD, LIVING WITH CHRONIC ILLNESS AND MORE

JANUARY 3, 2019 | VOL. 38 | NO. 01 | EUGENEWEEKLY.COM | FREE EVERY THURSDAY | ILLUSTRATION BY CHELSEA LOVEJOY



January 2019 MLK Jr. Events

Tuesday, January 15:

Rev. Dr. Martin Luther King, Jr., Awards Luncheon
• UO EMU Ballroom, 11:30am – 1pm.

Friday, January 18:

STUDENT VOICES! Hear from Local Youth of Color!
• 4J School District Offices- 200 N Monroe St, 6-9pm

Saturday, January 19:

"The March" a film of the 1963 March on Washington
• First Christian Church, 1160 Oak St, 3-4pm

Monday, January 21:

2019 NAACP MLK Community March
• 9-10am: PK Park.
• 10-11am: Community March. Ends at Shedd Institute.
• 11am-12 pm: Program at Shedd Institute

Friday, January 25:

**Higher Heights, Deeper Love Pre-concert Workshop:
for high school students**
• University of Oregon, 12-5 pm

Friday, January 25:

Higher Heights, Deeper Love Gospel Concert
• Matthew Knight Arena, 7-9:30 pm

February 15th 6p-9p

**Mark your calendar for the 2019 NAACP Freedom
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LION KING



WHO YOU GONNA BLAME?

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January is School Visitation Month

Each school offers activities and times when parents can visit. See 4J's website for details.

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DEMOCRACY IN 2019

Thanks to the *Eugene Weekly* for Joel Korin's challenge to "exercise your civic muscle" (Dec. 20). The City Club of Eugene is definitely presenting some speakers to help keep us informed. We definitely don't have to wait for the next election to make a difference.

The new Congress is beginning in January and we can help guide them to deal with what matters to us. With our calls, emails and visits, they learn about important issues and initiatives. As a volunteer with RESULTS (results.org), I will be working on this with the goal of ending hunger and poverty in our country and our world.

In 2019 that will mean working on affordable housing, battling hunger and calling for a bold pledge from America to the Global Fund to Fight AIDS, tuberculosis and malaria. Since its creation in 2002, 27 million lives have been saved.

America's pledge inspires other donors to pledge two-thirds of the total budget. So, let's stay informed and take action, making 2019 the year we strengthen our democracy and help create a better world for all in the process.

Willie Dickerson
Snohomish

TEDDY AND TRUMP

Regarding Tony Corcoran's Dec. 27 Viewpoint: I would ask Tony to consider the role of confirmation bias in his analysis of Jon Meacham's *The Soul of America: The Battle for Our Better Angels*.

The Theodore Roosevelt quote could just as easily and possibly be more relevant to Trump.

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood ... who at best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place will never be with those cold and timid souls who neither know victory nor defeat."

Just my two cents.

Mark Fiser
Eugene

MEDICARE FOR ALL

Thanks to *Eugene Weekly* for printing Peter Holden's letter about the scandalous cost of health care (Dec. 27). I had a simi-

lar experience when my aged mother was billed \$185,000 for a week in the hospital and a hip replacement. Medicare paid almost all of it, but we should consider how our tax dollars are getting ripped off.

Already in advance of the 2020 elections, Medicare for All, quite possibly a plank in the Democratic Party agenda, is getting push-back propaganda from Wall Street. Their estimates in tens of trillions are based on current prices and costs in our broken system.

A fair estimate should deduct the cost of extortionary private insurance, and the scandalous costs of provider care and administration, that otherwise could be negotiated to a more reasonable level. And how about no more \$2,000-a-day hospital rooms and expensive TV drug commercials?

Assuming Medicare policy would want a cost-effective, healthier American population, preventative medicine would most likely become more the universal standard and would continue to drive down cost.

With profit not being a goal in a government administrated system, plus all Americans contributing an affordable health care premium, the cost of Medicare

for All would be doable and not break any budgets.

Most of all, we could achieve a healthier nation, which we don't have now.

It's time we caught up with the rest of the advanced world and put an end to the injustice of unaffordable health care.

Russ Desaulnier
Eugene

DON'T BE DUPED

Fellow Americans: Stop being duped by Donald Trump. He is the charlatan that dangles a shiny bauble in front of your eyes while stealing the pennies from your pocket.

The bauble is his daily tweets and sound bites, calculated to ignite fury on the Left and praise on the Right. The pennies are our collective rights, money for healthcare and infrastructure versus corporations, etc.

Become more aware of the day-to-day goings-on of our government instead of wasting your time about elections and being happy or sad about the latest divisive rhetoric.

Geo Malmos
Eugene

VIEWPOINT BY LISA GARDNER

The Right to Sexual & Reproductive Health

PLANNED PARENTHOOD FOR EVERYONE

Planned Parenthood of Southwestern Oregon (PPSO) was founded more than 50 years ago as an information and education services provider. Our mission is to ensure the right of all individuals to manage their sexual and reproductive health, by providing health services, education and advocacy.

Our vision is a world in which all children are wanted and cared for, all people have equal rights and dignity, sexuality is expressed with honesty, equality and responsibility, and the decision to have children is private and voluntary. Our most important strategic goal is to help build the healthiest generation ever.

Today, 90 staff members manage operations in eight southwestern Oregon counties: Benton, Coos, Curry, Douglas, Jackson, Josephine, Lane and Linn. Community volunteers support all areas of PPSO, including health centers, education, development, administration and advocacy.

People trust PPSO because they feel safe and respected when seeking our confidential, non-judgmental health care services. In 2017, we delivered preventive, diagnostic and treatment services to almost 21,000 women, men and teens through 31,500 visits in six health centers across southwestern Oregon.

In addition to our reproductive health services, PPSO is regarded as the region's primary resource — and a national leader — for accurate, developmentally appropriate sex education. As the largest and most respected provider of sexuality education in Oregon, our

education programs reach nearly 25,000 individuals each year.

Planned Parenthood plays a unique role in maintaining the health of communities. For many individuals, particularly in rural areas, Planned Parenthood is their primary source of care and the provider they most trust with their reproductive health care needs. Our services include birth control, annual exams, cancer screening, abortion care, pregnancy testing, HPV vaccines, STD testing/treatment, vasectomies and emergency contraceptives.

PPSO is the only provider in the region delivering such a broad scope of high-quality reproductive and sexual health services. Our staff serves patients in an environment that is honest, nonjudgmental and supportive.

Our clients are primarily low-income, uninsured and age 25 or younger, but our doors are open to everyone and we serve people of all ages from a wide range of backgrounds. PPSO offers low-cost, sliding scale and free grant-funded services to clients who cannot afford to pay. We also accept private insurance and currently partner with various health plans.

Through our education programs and services, we strive to normalize healthy attitudes and behaviors, build strong families, help develop more "askable" adults in communities and offer a variety of programs for elementary through college-aged youth. Our education team manages partnerships with more than 100 schools and organizations serving youth and families

throughout southern Oregon.

Comprehensive sex education is an effective way to promote positive behavior change and help youth make healthy decisions regarding sexual behaviors. Studies have shown that when youth are provided with comprehensive, medically accurate sex education, they delay initiation of sexual intercourse, their number of sexual partners is reduced, their frequency of sexual activity is reduced, and they increase the use of condoms. PPSO's programs are strategically designed to address sexual and reproductive health issues, healthy relationships, consent, and related topics in a way that is inclusive of all gender identities and sexual orientations.

Our successful youth leadership model includes programs focused on development, parent education and professional training. Our education and youth trainers offer a variety of sex education and training programs to help guide and support Oregonians of all ages in making healthier decisions. We also train parents, faith leaders, mentors, educators, service providers and others who work with families and youth to be positive resources for young people about their sexual health.

We're here for you, your family and all your sexual health needs. No matter what. Planned Parenthood of Southwestern Oregon's doors are open to everyone, regardless of insurance status, immigration status, gender identity, gender expression and/or sexual orientation.

We believe that all people deserve high-quality, affordable health care and accurate sexual health education and information, no matter who they are. Our goal, every day, is to make each person who comes through our doors feel welcome, comfortable and cared for while providing the best possible care. To schedule an appointment or learn more about our services, call 1-800-230-PLAN.

Lisa Gardner is the President and CEO of Planned Parenthood of Southwestern Oregon.

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NEWS

//////////////////// BY HENRY HOUSTON



GETTIN' ARMED

Chasing Duck Football's strength and conditioning coach Aaron Feld's values

AARON FELD
DISPLAYS HIS
MAGNIFICENT
BICEPS

PHOTOS COURTESY UO ATHLETIC DEPT

AC/DC is blasting inside the gym of the Oregon Ducks football team. The place is empty, so Brian Johnson's screaming vocals and Angus Young's gritty guitar cut through the otherwise silent two-story building.

Aaron Feld, the Ducks' strength and conditioning coach, doesn't have his patented waxed handlebar mustache that — in addition to his "Fill the Sleeves" 45-day motivational campaign — made him an internet standout when I meet him. And he isn't as wound up as he usually is on the sidelines or when the Duck football players are around. That answers my question, whether he's always revved up.

His office overlooks the bottom floor of the gym, which he says is the best gym in all of college football. Yet, despite working a few steps away from this gym, he says sometimes he's too busy working to get some reps in.

That's OK, he adds.

He'd rather spend time with Oregon's athletes to work with them for the season. Sure, it's his job to focus on impressing best exercise practices into students and his fellow coaches. With his 45-day challenge known as the "Fill the Sleeves" campaign, though, he wants to spread the message of exercising to everyone.

I ask him how "Fill the Sleeves" is going.

He lifts his arm and flexes, showing off an armful of muscle bigger than my hand.

"How do you think it's going?" he throws back at me.

He's been filling the sleeves for seven years. It's based on a principle called cumulative load, he says. That means that blasting out a hundred reps increases the amount of training you get with that specific muscle group — in this case, arms.

But it's more than just growing muscle.

"It's more about being positive. Putting something positive in the world and encouraging people who don't train with consistency to find a way to be consistent," he says.

Feld adds that it's not meant for Oregon's football players. Instead, it's a way to get people who don't normally work out on a schedule, which establishes a habit.



The 45-day campaign that focuses on 100 reps of biceps curls and 100 reps of triceps extensions was a tradition that emerged when he was playing football at Mississippi State. When he played football, he would just focus on biceps and triceps exercises leading up to the first game of the season.

Once he started working as a coach, he says he settled on making it a 45-day routine. That was about three or four years ago.

Feld joined the Ducks' coaching staff earlier in 2018 and

that's around the time he got popular for his social media presence for the campaign. Google Trends, an aggregate of Google searches, shows that most searches regarding the campaign and about Feld came from the West Coast.

On Twitter and Instagram, he posted videos of himself doing curls atop a mountain in Hawaii, lifting a boulder on a beach when gym equipment isn't available and other videos to inspire people to not skip out on workouts.

Feld, wearing a "Fill The Sleeves" shirt when I'm talking with him, says he didn't intend for the campaign to get wildly popular.

The shirt features two arms flexed, which makes up an illustration of his signature handlebar mustache, his hair style and the phrase: "Hard work: Keeping the haters in business since 1776."

Feld says he and his wife earned \$30,000 from the shirts — it got that popular.

He already makes quite a bit from the University of Oregon. He signed on for a \$200,000 a year contract (which comes with other perks and benefits like a stipend for a courtesy car) and brought home an additional \$5,000 bonus when Ducks made it to the Redbox Bowl game.

Feld says he plans to donate about \$10,000 of the money he got from the shirts to Special Olympics Oregon, which has had to cancel statewide summer and winter games due to financial troubles.

At the end of the day, the difference between the physique of an elite athlete and an everyday person is the latter doesn't have access to harsh accountability — whether it's from Feld or Head Coach Mario Cristobal.

But it is possible.

Just keep in mind that he says you have to put in 100 percent effort, 90 percent of the time. ■

SLANT

• **Wishes for 2019:** That Republican leadership will find the courage to offer Donald Trump the options of resignation or impeachment in this year. Michael Pence could not be as bad. (Right?) That the kids' climate case will have its day in court. That we will find homes for our huddled masses, both the unhoused who live here and the immigrants who need safety. That Oregon will find a way to decently fund education at all levels.

• **What we're reading:** Suggested to us as a break from the depressing nonfiction we've been perusing about the decline of democracy in America is *A Gentleman in Moscow* by Amor Towles. The novel is not for everybody. One friend says he could not care less about Count Rostov's confinement in the Metropol Hotel across the street from the Kremlin in Moscow, but the pace, style and character development certainly take the reader away from modern America. Maybe that's enough.

• **As the New Year begins, we bid a fond farewell** and "hear you later" to our reporter, podcaster and web editor Meerah Powell as she heads to Portland to break news for Oregon Public Broadcasting. Powell started at *Eugene Weekly* as an intern and has been impressing readers ever since. Speaking of interns, Michael "Mitch" Tobin has wrapped up his time at *EW* and is heading off to the *Wall Street Journal* as this year's F. James Pensiero intern. (Longtime readers may know that former *WSJ* editor Fred Taylor was an *EW* owner until his death in 2015, and his family members are still owners of the paper.) And since we're feeling proud, former intern Kenny Jacoby, currently a Scripps Washington Bureau investigative reporting fellow, recently had his work featured on Newsy, the podcast *Reveal* and ProPublica. Former *EW* interns have landed jobs at *The New York Times*, CNN, *The Register-Guard*, *The (Bend) Bulletin* and *High Country News*, to name a few. We're always sad to see them go, but blown away by all they go on to achieve. Good luck Meerah!

• **What readers were reading online in *EW* last year:** Check EugeneWeekly.com for a list of *Eugene Weekly's Most-Read Stories of 2018*. Without giving the whole thing away, let's just say the stories that got the most attention from readers last year were about neo-Nazis, public officials with legal issues and, no kidding, Ethiopian cuisine.

SLANT INCLUDES SHORT OPINION PIECES, OBSERVATIONS AND RUMOR-CHASING NOTES COMPILED BY THE EW EDITORIAL BOARD. HEARD ANY GOOD RUMORS LATELY? CONTACT EDITOR@EUGENEWEEKLY.COM

HAPPENING PEOPLE BY PAUL NEEVEL



CONNOR GABOR

When Connor Gabor was four, his parents were divorced in Reno, and he moved to Eugene with his mother. "My dad was physically abusive," he explains, "and Mom has struggled with post-traumatic stress disorder. My job was taking care of her." They have lived in north Eugene, but Gabor has attended schools farther south; Camas Ridge Elementary, Roosevelt Middle School and South Eugene High School, where he is now a senior. "I've always been involved with school activities: student government and affinity groups like the Gender and Sexuality Alliance," he says. "I'm gay and I have a boyfriend. I got involved because, at South, people think that nothing bad happens because it's a liberal school. But there are silences and marginalized groups." As a junior, Gabor was one of 19 high schoolers in the local Planned Parenthood's REV

Youth Leadership Program. "We went to middle schools to talk with kids about sex education," he says. "It's easier for them to digest from a peer." He got started in politics in January of 2018 as a campaign volunteer in support of Measure 101, raising taxes to support healthcare coverage. Afterward he served an internship with the Democratic Party of Lane County. "I learned the importance of grassroots organizing," says Gabor, who launched a club at school, the Young Democrats Union. "We had 40 people showing up to take action." He enlisted Eugene's other high schools to found Young Democrats of Lane County. "We plan to reach out to rural areas," he adds. "We have four different caucuses working on ideas for legislation to introduce to the Oregon Legislature." A monthly column by Connor Gabor is coming soon to *The Register-Guard*. "The first thing I'll write about," he says, "is young people being tried as adults under Measure 11."

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TMS CLINIC OPEN IN EUGENE

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for people with depression*

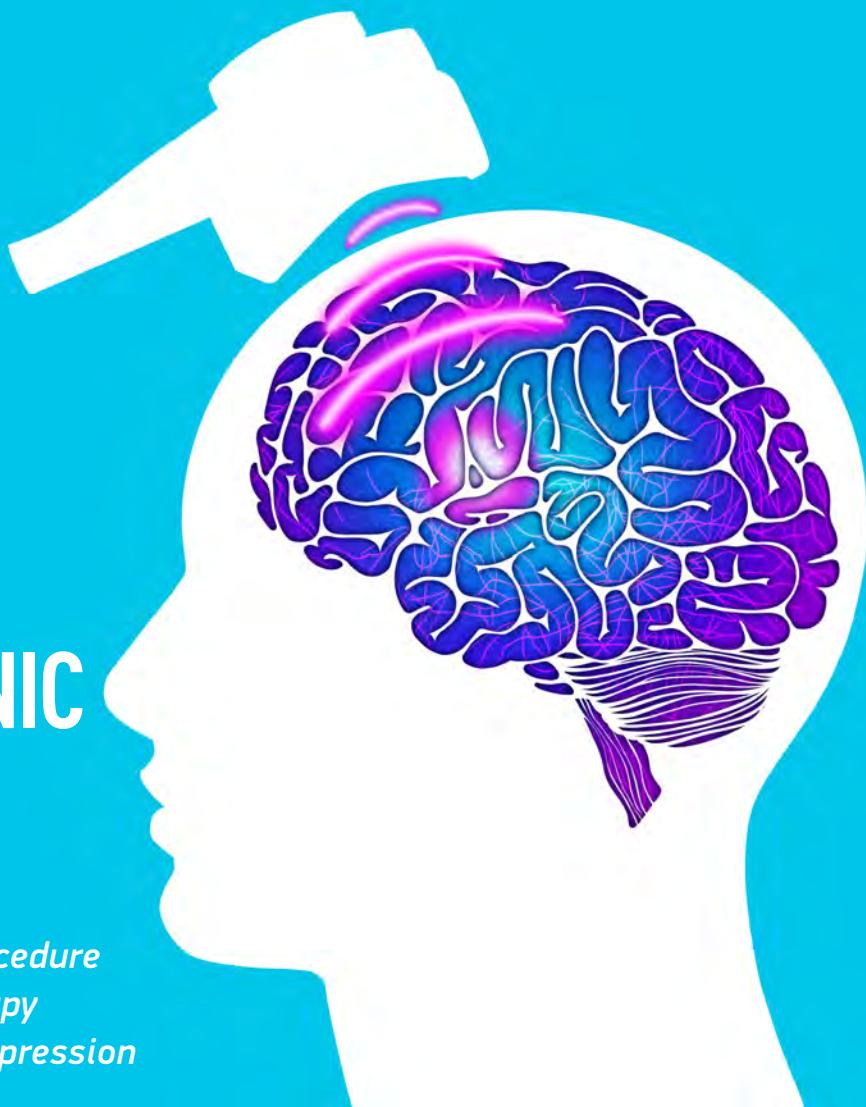


ILLUSTRATION BY CHELSEA LOVEJOY

When medications and psychotherapy fail to offer much relief for people suffering from depression, a relatively unknown therapy called transcranial magnetic stimulation (TMS) might provide an alternative choice for patients in Lane County.

Emerald TMS opened its Eugene clinic in June, and the doctors involved hope this non-invasive treatment will make a difference in the treatment of depression.

Transcranial magnetic stimulation uses a machine to transmit electromagnetic pulses to the brain. The idea is that the pulses target the area in the brain believed to cause depression. As a practice, TMS received approval from the FDA in 2008.

These treatments last 4-6 weeks, with the patient coming in every day for about 20-40 minutes. There are mini-

mal side effects, and people can easily return to their daily activities, the Mayo Clinic says.

The technician who runs the machines at Emerald TMS, Brendan Curran, compared TMS to opening up new paths in the brain.

"We are stimulating the neuro pathways," Curran says. "It's like cutting through brush and creating a new path. If you do it over again, the path becomes smoother and smoother. If you are breaking the consistency, you are not going to get as quickly to that spot."

To qualify for TMS treatment, a patient must suffer from major depression and have tried several medicines. Symptoms of major depression can be subjective but usually include lack of appetite, low mood, apathy, suicidal thoughts and loss of sleep, as well as feelings of guilt or hopelessness.

Dr. Jocelyn Bonner, medical director of Emerald TMS, is in charge of screening patients. She meets with them to evaluate whether they fit the criteria, which include looking at information from a patient's doctor.

Bonner says she hopes TMS eventually becomes a first line in treatment, though insurance providers still require that patients try several medications before using the relatively new treatment.

"It seems to be effective on a lot of people," says Dr. Roger Hall, founder of Emerald TMS. "For some people, it is lifesaving. A lot of patients are no longer suicidal or have sleep deprivation."

Hall brought TMS treatment to Eugene after watching a friend suffer from significant clinical depression, with no relief from medications.

"I talked to him about treatments," Hall says. "I ran across transcranial magnetic stimulation and checked out their website. I decided it would be a therapy that might help him."

Previously, doctors who had prescribed TMS treatment could only send patients to Portland or Medford, which are the closest clinics to Eugene. Because TMS is a daily treatment, it makes it difficult for patients to commute and it disrupts their day-to-day life.

In order to have the most effective treatment, patients are advised to not miss treatment days. Additionally, Hall says usually people don't feel any change in their symptoms until about four weeks into treatment.

"You don't suddenly wake up and run a marathon," he says. "But you do wake up and feel better. Family and friends say you look better."

In TMS research conducted by Stanford and the Mayo Clinic, 35-40 percent of patients have remission for depression. An additional 30 percent or more show significant improvements.

The main issue Emerald TMS faces right now is a lack of patients. Lack of awareness about the treatment is a factor, as is the different hoops people have to jump through to get it. The process of being screened and receiving insurance approval can take a while, as well.

"It's a major delay and it's understandable, but it does take quite a while," says Hall.

At this point, Emerald TMS has only seven patients, with an additional four about to begin treatment; there is also a separate list of patients awaiting approval from their insurance companies. Bonnor says she is hopeful that as awareness rises, more doctors will recommend TMS for their patients.

"I think when you are that motivated for something new that's been helping you, you get yourself there," she says. ■

Emerald TMS is at 1140 Willagillespie Road, Suite 44, in Eugene. Call 541-735-3241 for information.

INVISIBLE BUT STILL HERE

*People living in cars and on couches
are still a part of Eugene's unhoused community*

"The housing and homelessness crisis are the same thing," says Kevin Cronin, a member of the Eugene Housing Policy Board's renters' protection task force. "We have homeless people because of a lack of housing."

When thinking about the homeless crisis, the first thing that might come to mind are people who are chronically homeless — on the streets and inevitably very visible. But we have a second crisis of people who are episodically homeless on a short-term basis, living in vehicles or crashing on friends' couches.

According to a study published in October last year by ECONorthwest about the Portland area's homeless population, this second crisis of less visible, more short-term homelessness affects tens of thousands of households.

The study notes that in 2015 the U.S. Department of Housing and Urban Development found that 125,000 renter households in the Portland Metro Area had "very low income." Only about a quarter of those low-income households received federal housing assistance. Forty-five percent (56,000 households) had no assistance and "severe housing problems" such as paying more than half of income on rent and utilities — leaving them very vulnerable to episodic homelessness.

Local homeless advocates like Cronin say this crisis is affecting a variety of people in Eugene, including those who are employed and even students, due to issues like high cost of living, hefty application fees and our current "landlord's market."

Cronin says one of the most affordable ways to create new housing is through ADUs (Accessory Dwelling Units

— such as mother-in-law units or tiny homes on already existing properties). Though, he says, the construction of new ADUs has been slow-going.

"The city of Eugene has approved two permits for ADUs in the last year," Cronin says.

With the current rental vacancies Eugene does have, renters are often overwhelmed by application fees and moving costs.

"Many times renters pay \$200 to \$300 in application fees. It takes quite a bit to move into a new place," Cronin says. "And so a lot of folks are staying on people's couches — we call them 'the invisible homeless.'"

These are typically people who have jobs, he says, but who still can't find a place to live in the area's current housing market.

"I've had three folks stay on my couch in the last year who have a job and have savings and have applied for more than 10 apartments and can't find a place to live," he says. "You have landlords picking and choosing. It's definitely a landlord's market."

Cronin says for people in this position, one of the leading

CONTINUED ON PAGE 9

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causes of homelessness is eviction. “A no-cause eviction or even for-cause, you see people spiral into poverty,” he says.

The city of Eugene’s no-cause eviction law requires 30 days for tenants to move out, Cronin says. “Portland has a 90-day notice and they have relocation assistance, which really helps as a remedy to discourage it,” he says. “But also, the extra 60 days really helps people get their life together.”

Cronin’s task force visited the University of Oregon for a renters round table discussion and found that among students, the vast majority of whom are renters, no-cause evictions are incredibly common.

“I asked, ‘Raise your hand if you know someone who has been no-cause evicted or you yourself has been no-cause evicted.’ Everyone raised their hand,” he says.

Sue Sierralupe, clinic manager of Occupy Medical, says homeless students are a large part of Eugene’s unhoused community, though they are rarely visible.

“They’re couch surfing or they’re staying with a relative while looking for housing that they can afford,” Sierralupe says.

Due to the inherent shame that comes with being unhoused, Sierralupe says, many of these people who have

access to shelter of some kind (whether it be their vehicle or a friend’s place), don’t use the services they might need.

“Their embarrassment or shame in this situation brings them down, away even more from resources,” Sierralupe says. “People come into our clinic not wanting to take resources away from ‘the real homeless.’”

She adds: “In our system there is no greater shame than being economically disadvantaged, and it’s just luck of the draw.”

Sierralupe says being unhoused can spur other problems like drug and alcohol dependencies. Those sleeping in cars or other cramped spaces easily develop back pain and other muscle pain, which can lead to self-medicating, she says.

Being in the medical field, she says, the biggest thing she hopes to see in the future is single-payer health care.

Locally, Sierralupe hopes to see less criminalization of the unhoused — as well as more public restrooms, charging stations and available wi-fi.

“Don’t make it illegal for people to take care of themselves,” she says. “Make it easier for them to take care of themselves.”

Sierralupe also hopes that Eugene focuses more on its unhoused population and addresses “big box rental com-

panies,” who she says are exacerbating the unhoused situation, echoing Cronin’s concerns of expensive application fees and constant no-cause evictions.

“They’re making money off of this community left and right,” Sierralupe says. “Poverty is not a crime. Causing poverty is a crime.”

Cronin also has similar hopes for the city to improve its housing crisis, but is skeptical, especially with actions like the City Council’s tabling the construction excise tax last year — a tax on both residential and commercial construction (including those “big box” apartment buildings). That tax money would go toward affordable housing.

The Eugene City Council is scheduled to have a work session Jan. 28 on “Housing Tools & Strategies” which will include discussion on the construction excise tax.

The renters’ protections task force is surveying renters in the area on their needs and creating a report from that data. Cronin says the task force should be done sometime in the spring. Then it will compile a report for ideas on solutions and hand it off to the Housing Policy Board, which will in turn communicate with the city council on how to act on Eugene’s housing crisis.

“We need people to step up,” Cronin says. ■

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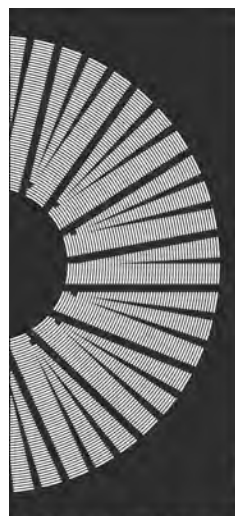
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LCC Will Offer Yoga Instructor Certification

THOSE WHO START THEIR MORNING WITH A SUNRISE SALUTATION
CAN LEARN TO TEACH IT TO OTHERS *by Taylor Perse*

Lane Community College will offer its first yoga instructor certification program in January. The 200-hour training emphasizes injury prevention and therapeutic approaches to give instructors tools to teach a variety of people.

The class, Radiant Health Yoga Teacher Training, is unlike many others because it is certified by the National Yoga Alliance, a nationally recognized organization. The Yoga Alliance has 94,000 registered yoga teachers and 6,200 programs.

"That's all there is right now for yoga," Kathy Calise, program director of medical careers at LCC, says. "Anybody can go out and say 'I'm a yoga instructor,' but not everyone is a certified yoga alliance instructor."

Joanna Cashman, the creator of the Radiant Health Yoga, used her experience with nursing, dance and licensed massage therapy when she developed the training course. She was motivated by people who came to her with injuries they had due to other yoga classes.

The training is centered in injury prevention. She does this by teaching students different topics of kinesiology and physiology. The goal is for graduates to be able to

teach a wide range of people to practice yoga safely.

"My graduates are versatile," she says. "They can teach young athletes or frail elders. They know how to create a population-specific yoga practice."

Students who take the training will also learn acupressure self-care techniques. This combines different cultural ideas behind yoga and acupuncture for a more well-rounded experience. Instructors will also learn the six neurological development patterns. If instructors understand the brain, Cashman says, they can create therapeutic practices.

"It's a very rich program," she says. "I've had people take this program as a second training."

For Calise, it was important to find a professional and safety driven yoga training program.

"Yoga is an unregulated health career. For someone to not be properly trained as a yoga instructor is a detriment to those who want to practice yoga," Calise says.

Cashman started the Radiant Health Yoga program in 2002. She taught the program in Washington and then in Bend at Central Oregon Community College until recently moving to Eugene to teach the program at Lane.

"I was so excited," Calise says. "She was at COCC

doing a very successful program over there, and hopefully we can have the same successful program over here in Eugene."

Since her program began, Cashman has trained more than 150 students who have used their certification for different careers. Some, she says, were in the National Guard and taught in Afghanistan, and others have opened up their own yoga studios.

The course offered at LCC begins in January and will take place on Saturdays and Sundays until May. Because the program spans the lengths of two terms at Lane, students can make payments in two installments. It will be offered annually.

The instructor program will also bring in a variety of guest teachers throughout the course. Cashman is still working on acquiring everyone, but wants to make sure the guest teachers have a strong background in kinesiology. ■

Students can register online at ce.lanecc.edu. For more information, they can contact the program director Kathy Calise at calisek@lanecc.edu. For details on curriculum, contact Joanna Cashman at joannacashman@gmail.com. The deadline to register was Dec. 28, but Calise says some exceptions can be made.

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Sick As In Sick

HOW COLLEGE STUDENTS DEAL WITH CHRONIC ILLNESS by *Sararosa Davies*

I got sick the summer between my freshman and sophomore years at the University of Oregon. This wasn't a one-and-done sickness. It was the slow-burning kind — it stayed with me so long it became normal.

A ruptured ovarian cyst put me in the ER. The doctor suspected appendicitis after I came back the next day with increased pain. Nurses rolled me into a CAT scan machine after injecting iodinated-contrast (a medical dye) into my veins.

As the doctors ushered me out of the CAT scan room, I felt hot. Hives developed all over my body and my face started to swell. I didn't have appendicitis, but I did have a severe allergy to the contrast.

I was taking summer classes at the time of my initial allergic reaction and barely remember what I learned the rest of that summer. I was pumped full of the steroid prednisone and given an inhaler — the smoke from the Columbia Gorge fires irritated my immune system even more, giving me a respiratory infection on top of my newfound allergy.

As my sophomore year started, I experienced stomach issues on top of random allergic reactions every few months. I struggled with my short-term memory, forgetting simple words. Writing out vocabulary words for any class felt like wading through thick water. I slept all the time. My grades dropped and my social life strained.

One allergist insisted I was just anxious and perfectly healthy otherwise.

But I didn't feel like I was a physically healthy college student.

I have a chronic illness, and with advice from other students and young people with chronic illnesses, I'm learning how to deal with being young and sick.

After months of searching for answers, an allergist in Portland suggested I have mast cell activation syndrome. I'm allergic to the contrast dye and, as it turns out, just about everything else.

My mast cells — the cells involved in allergic reactions — overreact to normal stimuli, causing a multitude of chronic health symptoms. The latte I'm drinking while writing this could trigger a reaction one day — but the next it won't.

I had an answer and a treatment plan just in time for my junior year. But an important part of being sick is coping with it, and I'm not so great at that — especially with the added stress of college.

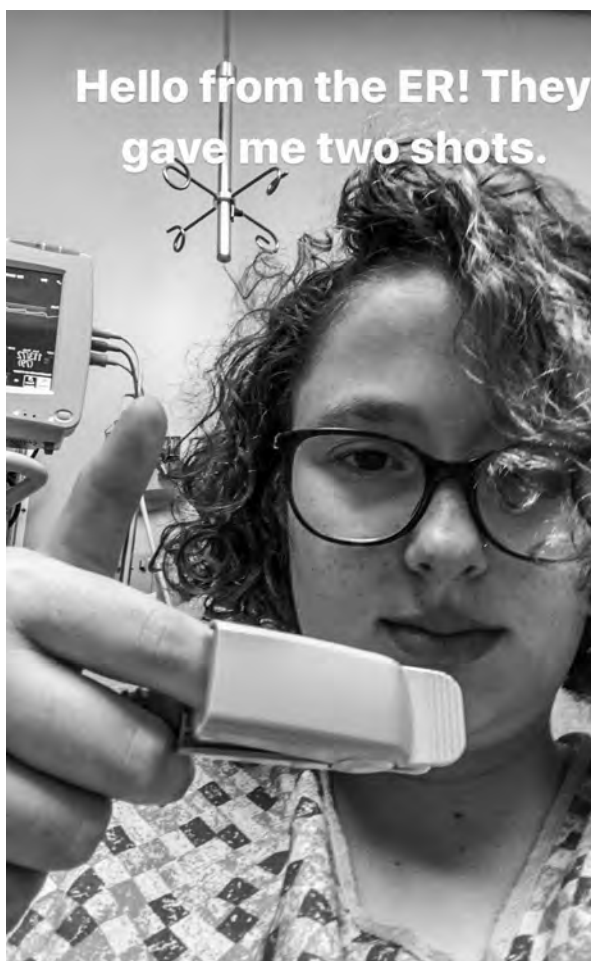
So, as any writer does, I decided to research and ask others about their coping methods.

According to a 2014 *Pediatrics* article about university health centers' capacity to care for students with chronic illnesses, 20 percent of American youth have some type of chronic health condition. George Washington University sophomore and nonprofit founder Shira Strongin is one of those students.

When she was around 10 years old, she started having neurovascular issues leading to clotting and other neurological symptoms like seizures. Around the same time, she began an anonymous blog called Sick Chicks that chronicled her story.

Strongin, a California native, says it was important for her to capture the whole story of her life and her illness.

"I talked about things in a very realistic, straightforward manner," she says. "It wasn't all about health. I'd talk about going to the hospital and then going to a school dance in the same sentence. That's just how it works when you're chronically ill."



A couple years ago, she began developing Sick Chicks into a nonprofit to showcase the stories of young women dealing with chronic health issues and disabilities. The nonprofit consists of Sick Chicks Crew, a campus arm of the organization, and a blog featuring young women's chronic illness stories.

"I think so many patient orgs are dedicated to coping. Coping is great and it's really important, but there's also a huge amount of complacency within coping," Strongin

says. "And I wanted this community to be something where, if you wanted to cope, that's your choice and that's OK. But we can also turn that coping into empowerment."

Applying for college was an ordeal for Strongin. She was in the hospital the night before the Common Application was due, and her health also affected her ability to take the ACT and SAT. She had to look for testing-optional schools, and the need for follow-up care restricted her to regions that had ample medical care for her condition.

But even Strongin's preparations didn't secure stability at school. She ended up withdrawing during her second semester because she was frequently in the hospital. She's back at school this year.

Strongin is registered with her school's accessibility center, which helps her advocate for herself when she has to miss class because of appointments, hospital visits and bad health days.

When we spoke, she was in the middle of finals. We chatted about how this time of year is especially hard for chronically ill students. Even setting up our interview reflected this — we had to reschedule multiple times due to a trip to the ER for me and lack of sleep for Strongin, which makes her more vulnerable to seizures.

Strongin emphasized the importance of communication when it comes to interactions with professors, friends and others about her illness. While she says she's more comfortable being open about her health, other people need to find that sweet spot of sharing for themselves. For Strongin, that's being as open as she feels she needs to be for the situation. Another person may not want to talk about their illness, and that's their imperative, she says.

Socially, her friends sometimes designate her as the "party mom" because she doesn't drink or do drugs — other than the multitude of meds she's on, she joked. She is close with the professors in her specific department at school and feels more comfortable advocating for her needs with them than her other professors.

Lilliah Baker, a high school acquaintance of mine who has inflammatory bowel disease, a form of ulcerative colitis, said the heavy workload in her degree program at school taught her an important lesson about hard work.

She studied animation at Laguna College of Art and Design in Laguna Beach, California, before her IBD worsened and she decided to take a break from school. Baker said her degree program was intense and she studied for long hours to impress her professors. Her advice for students with chronic illnesses in similarly difficult programs is to know the difference between working hard and working smart.

"This whole past year for me was a lesson in managing [my] pride and not being stubborn," Baker said. "You have this disease, and there's such a thing as working hard and working smart. The second one is what's going to get you further."

Strongin's and Baker's experiences reminded me of my own — the delicate balance of what info to share, registering with UO's Accessible Education Center and the countless prescriptions I take.

If I've learned anything from them, it's that coping looks different to everyone. In sickness and in health, I'll find my way — even if it takes time. ■

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E-Cigarettes Hook a New Generation of Teens

PUBLIC HEALTH AND TOBACCO-CONTROL ADVOCATES SCRAMBLE TO CATCH UP by Carol Cruzan Morton

Candy flavors. Feels cool. Seems harmless. Kills it on Instagram. Easily concealed from parents and teachers. For these reasons and more, electronic cigarettes have exploded in popularity among children and teens in the last few years.

“They honestly don’t think they’re using a nicotine delivery device,” Erika Westling says. Westling leads a study at Oregon Research Institute in Eugene that examines tobacco use among eighth graders in Woodburn and Creswell. E-cigarettes are ubiquitous, but kids told her they call them vape pens or mods.

The vaping devices seem to be hooking a new generation on tobacco — a substance that continues to be the leading preventable cause of death. Yet long-time tobacco foes aren’t willing to condemn e-cigarettes outright, because of the hope that, under the right circumstances, the devices may help adult smokers quit traditional combustible cigarettes.

There are success stories of quitting, but accumulating evidence tells a different tale. E-cigarettes actually may be diverting well-intentioned nicotine addicts from proven ways to quit. Instead, the vaping option expands the adult repertoire of tobacco products and makes it easy to sneak their nic-fix into places now forbidden to smokers, while inducting young people who otherwise may not have started the habit.

2018 was a year of reckoning. Nationwide, one in every four twelfth graders said they had vaped in the past 30 days, researchers reported in December. It was the second major national report of a sharp increase in e-cigarette use by teens and preteens. The U.S. surgeon general called it an “epidemic.”

Oregon reflects the nation, with a near tripling in teen use of e-cigarettes from 2013 to 2017.

“Adults can’t keep up with the trends,” Olivia Cooper, student body president at Crook County High School in Prineville, says. Cooper is a senior at the school and a tobacco-free advocate.

“Students are moving quicker than health professionals can counter,” Cooper says. “It has taken years for adults to understand and address the e-cigarette issue. By then, kids are addicted and don’t want to admit that they are.”

The 2018 surge in tobacco-vaping teens and young adults came as a double shock, because the numbers had appeared to dip for a couple of years, just after the U.S. surgeon general first issued a major report on e-cigarette



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use among youth in 2016. The apparent dip was probably false, because researchers did not ask specifically about use of new and emerging products such as Juul, says Jidong Huang, a health economist at Georgia State University in Atlanta. Many teens and young adults who vape do not identify as smokers or e-cigarette users.

E-cigarettes were introduced in 2004 as a less dangerous alternative to cigarettes. For those adults who haven’t knowingly encountered them yet, e-cigarettes are electric devices with nicotine dissolved in liquid that is often flavored. A coil boils the liquid, generating an aerosol of nicotine and other chemicals to inhale.

Then came Juul. Introduced in 2015, Juul packs its nicotine punch in a sleek design that looks like a computer memory stick and actually recharges in a USB port. Disposable pods originally came “in four absurdly-named flavors — tabac, fruit, miint, brulé — and cost \$16 for a four-pack of cartridges (a cartridge is roughly equivalent to a pack of smokes),” enthused *Wired* magazine that year.

Juul soon cornered three-fourths of the e-cigarette market.

Portland State University chemists recently worked out why Juul may be so appealing to inhale. The team analyzed 11 e-cigarette liquids. All had high levels of nicotine overall. The two Juul samples (in fruit medley and crème brûlée flavors) had higher levels of a form known as protonated nicotine, also called nicotine salt. In the plant leaf, protonated nicotine acts as a natural pesticide against insect predation, says co-author and chemistry professor James Pankow, but in pods it makes Juuls more pleasant to inhale.

“It’s easier for naïve users,” says David Ashley, former director of the Office of Science at the Food & Drug Administration’s Center for Tobacco Products. “Getting over the hump of using cigarettes is terrible. Everyone who first smokes gags and gets sick.”

The PSU study found Juul had relatively less of the other form of nicotine, known as freebase. It gets into the blood and brain quickly, but is harsher on the throat. Cigarette makers credited freebase nicotine for Marlboro’s popularity decades ago. Ever since, the tobacco industry has considered it a necessary ingredient to satisfy smokers



E-LIQUID



FOOD PRODUCT



E-LIQUID



FOOD PRODUCT

in the first few puffs, Ashley and Pankow say.

Juul was the first major retail e-cigarette brand to use social media in a big way. A combination of hashtags, celebrity endorsements and artsy images of hip young people flew under the radar of public health tracking systems, Huang and his colleagues reported in March. Quarterly sales of Juul tracked the skyrocketing number of tweets and retweets in 2017.

In April, the FDA announced a crack down on youth sales and marketing. In July, Juul added a lower nicotine pod (3 percent compared with 5 percent) to its lineup in mint and Virginia tobacco flavors. In November, Juul announced it was closing its Facebook and Instagram accounts and stopping distribution of certain flavors of pods that critics called appealing to teens. Juul maintains that it never intended youth use and instead aims to provide a less dangerous alternative to combustible cigarettes.

In December, one of the world's largest tobacco producers and marketers, Altria (formerly known as Philip Morris), purchased a stake in Juul Labs for \$12.8 billion in a deal that gave the 1,500 Juul Labs employees \$2 billion in cash, the *Wall Street Journal* reported. On Jan. 18, the FDA will hold a hearing on reducing youth e-cigarette and other tobacco use, including the role for drug therapies to support quitting.

The tobacco industry has seen numbers of U.S. adult users steadily decrease since the mid 1960s and youth users drop since the mid 1990s. The drop is attributed in large part to prevention efforts to discourage smoking among teens. After all, nine out of 10 tobacco users say they began before age 19.

Of course, tobacco companies also lose customers to quitting and premature death.

As preventive health professionals like Brian King at the U.S. Centers for Disease Control in Atlanta are fond of saying, "When used as directed, tobacco kills half of its users."

Heated tobacco is the next wave, King says. The FDA is reviewing an application to allow marketing of a tobacco-warming product called iQos ("I quit ordinary smoking") that plugs into a device that looks like an iPhone, plus a claim that it's safer than cigarettes. The device is popular in other countries, King says, but "a similar device failed miserably" in the U.S. earlier.

E-cigarettes may not be as bad as smokes, especially for secondhand smoke, but the vapors still expose users to known harmful levels of certain chemicals, such as formaldehyde and ultrafine particles, Stanton Glantz, a long-time foe of tobacco use, said in an online lecture in August. Preliminary surveys and molecular studies implicate daily e-cigarette use with nearly double the risk of heart attacks and with increased risk of chronic lung disease. Dual users — people who both smoke and vape — have even higher risks.

People often associate smoking with cancer, Glantz said, but it accounts for only one-third the premature deaths, with heart disease and lung disease the major killers. "The risks are substantial," he said. "No one knows yet how it compares to cigarettes, but they're getting closer and closer."

So what do you tell smokers who want to quit? "Always support a quit attempt," Glantz said, but they need to know that "for most people, using e-cigarettes makes it harder to quit." When used properly with counseling and support and a disciplined quit plan, as with FDA-approved cessation products, e-cigarettes may be effective in quitting, he said.

Prevention works better than trying to recover from a nicotine addiction. Nationally, policies to limit youth tobacco use have tended to start locally. In Lane County, "there's evidence that use of e-cigarettes may be leading to use of other tobacco products," says Christy Inskip, coordinator of the Lane County Tobacco Prevention and Education Program. In 2014, she and her colleagues documented tactics proven to target youth and vulnerable populations, such as people of color, those with lower incomes, disabilities and rural residents. They include varied pricing of cigarellas, flavored little cigars that can be sold individually, which cost 69 cents in Florence, with higher tobacco use rates, and \$1.18 in Eugene.

In another tactic, local stores get \$10,000 a year to allow the tobacco company to place and advertise its products where it wants, such as near candy and at a child's eye level, Inskip says. "The industry is exploiting local retailers," she says.

The county and its cities are fighting back. In 2014, Lane County was the first in Oregon to require a license to sell tobacco and, in 2017, to raise the tobacco sale age from age 18 to 21. The state of Oregon followed within months. Cottage Grove was the first city to ban sales of e-cigarettes to minors. Eugene recently passed a smoke-free downtown ordinance, with ways for businesses to opt out, as well as ways for other organizations to opt in outside the prescribed smoke-free boundaries.

One of the most effective strategies is raising the price. In Oregon, the state Governor's Budget includes a proposal to increase the price of tobacco by \$2 per pack of cigarettes and also for the first time to tax inhalant delivery systems, which include e-cigarettes, says Delia Hernández, spokesperson for the Oregon Health Authority. ■

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COLD	SYMPTOMS	FLU
Gradual	Symptom Speed	Abrupt
Usually	Runny or Stuffy Nose	Sometimes
Usually	Sneezing	Sometimes
Usually	Sore Throat	Sometimes
Mild to Moderate	Cough/Chest Congestion	Usually
Rarely	Fever	Usually
Slight	Body Aches	Usually
Rarely	Chills	Usually
Sometimes	Weakness	Usually
Rarely	Headache	Usually
Not common	Possible Complications	Infections, Pneumonia, Hospitalization

Source: Centers for Disease Control and Prevention (CDC)

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Prepping for Baby

A NEW MOM REFLECTS ON THE ITEMS AND LOCAL SERVICES SHE MOST CHERISHES by Nadia Raza-Cooper

It was Oct. 29, the night we came home from the hospital with our baby girl, and the scene was utterly ridiculous.

Approaching bedtime we were faced with the terrifying question of where to put our baby down to sleep. Having taken several birthing classes and reading up on infant care, I was painfully aware of the dangers of an unsafe sleeping environment. We had prepared, or so I thought. We had a co-sleeper strapped to our bed, we had a “Snuggle Nest” infant sleeper to put in our bed, and we had my big pregnancy pillow. We had no room for ourselves but all the things (that eventually ended up in the co-sleeper as I stayed awake holding our baby that first night).

In the months leading up our daughter’s arrival, I obsessively cross-referenced the suggestions from the consumer reports website *Wirecutter* with reviews online and advice from new parents. Slowly a baby registry took shape, hand-me-downs were collected, and what we didn’t receive, we bought.

Now that we are a few months into parenting we have amassed so many newborn products — some of which we will never use. I get it, the baby industry markets on our vulnerability and desire to be prepared, but preparation is not always met through purchases.

Chances are someone you know will be expecting in 2019. This brief baby product and local services roundup might be of assistance for finding the ideal gift. As a disclaimer, parenting and babies are so uniquely personal so what worked for us might not work for others. The items below were invaluable during my pregnancy and the first two months and are available at most major retailers and infant stores.

BABY ITEMS

PILLOWS: The Boppy Pregnancy Body Pillow facilitated extremely comfortable sleep during my second and third trimester. The design was ideal for supporting my ever-growing belly and I am still using it for nursing. Additionally, the Boppy Newborn Lounger has been very useful as a safe place to lay down our babe for playtime.

SWADDLES: This is so personal and dependent on your “baby-burrito” folding skills. We lacked those skills and tried several different styles of swaddles; we found the SwaddleMe brand to be the most effective and affordable for our little escape artist.

BREASTFEEDING: The My Brest Friend Nursing Pillow is by far the most recommended and functional nursing pillow. We tried several and this one is sturdy and comfortable for mama and babe.



BOPPY NEWBORN LOUNGER

PHOTO COURTESY BOPPY

LUXURY ITEM: The Lovevery Play Gym is a brilliantly designed play zone that supports the cognitive and sensory development of a baby for one year. It has several components that evolve and enhance play for various stages.

CARRIERS: The extensive options when it comes to carriers are overwhelming. I have seven carriers (some hand-me-downs and some purchases), and my babe likes only one. My recommendation is to hold off and borrow them before purchasing. A local group, The Eugene Babywearing Network, will come to you with an array of carriers and help you try them out and choose the right one for you. *Find TheBabywearingNetwork on Facebook.*

LOCAL PRACTITIONERS AND RESOURCES

JENNIFER JAMISON’S PRENATAL YOGA at Eugene Yoga Southtown. This is so much more than a yoga class. Jennifer honors and holds space for the ups and downs of pregnancy by cultivating community, connections and solidarity. I made several friends in this class and recommend it for any week of pregnancy. *EugeneYoga.us.*

EUGENE FAMILY CHIROPRACTIC specializes in pre- and post-natal chiropractic and massage. Dr. Beth is a masterful body worker. I received adjustments through the week of my due date and gained helpful insights about labor that were not mentioned in any of the baby classes I attended. Dr. Beth is a phenomenal resource for all things baby. *EugeneFamilyChiro.com.*

LIBERATION LACTATION: An in-home session with a lactation consultant is an incredibly valuable resource for new moms. This will be my go-to baby shower gift forever. There is so much to learn about breastfeeding, pumping and bottle-feeding that is unique to each baby and their environment. Danica Zapata Stiles, RN IBCLC, offers private in-home lactation consulting, prenatal breastfeeding classes and electric pump rentals. Having Stiles (who once upon a time worked at *EW*) come to our home and offer advice based that was specific to the chair I was sitting in, the pump I had and the pillow I was using was invaluable. I gained much-needed confidence and knowledge through her guidance. 541-221-3388. ■



Lane’s Massage Program Student Clinic

The LCC Student Massage Clinic is taking new clients! Advanced students perform 60-minute Swedish massages, from 10:00 am to 4:00 pm on Fridays and Saturdays. For more information contact Kathy Calise at calisek@lanecc.edu. The cost is \$30, cash or check.

To schedule an appointment call or text 541.579.5881

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WHAT'S HAPPENING

When you think about Utah, wild probably isn't the first thing that comes to mind — I mean, isn't Oregon the Wild Wild Country now? However, its wilderness is what really makes Utah great. And ***Wild Utah: America's Red Rock Wilderness*** shows Utah is more than what meets the eye — and has its share of tensions. The film shows viewers that the state's diverse landscape is under threat by greedy political and corporate interests. Rather than being a downer, the film tells viewers what can be done to protect Utah's landscapes for future generations. The film's presentation is cosponsored by Southern Utah Wilderness Alliance, The Many Rivers Chapter of the Sierra Club and the Audubon Society of Lane County. If you feel inspired to learn more about Utah, Tsunami Books will have a selection of what the bookstore says is by the best Red Rocks authors.

Wild Utah: America's Red Rock Wilderness shows 7 pm Tuesday, Jan. 8, at Tsunami Books, 2250 Willamette Street. FREE. — *Henry Houston*



THURSDAY JANUARY 3

SUNRISE 7:47AM; SUNSET 4:44PM
AVG. HIGH 45; AVG. LOW 32

ART/CRAFT Ongoing Jerry Ross painting exhibit, 9am-5pm, Rainbow Optics Campus Store, 13th Ave., 762 E. 13th Ave. FREE

LEGO® Free Play, 10am-noon, Bricks & Minifigs Eugene, 780 Blair Blvd. FREE

LEGO® Group Build, 2-4pm, Bricks & Minifigs Eugene, 780 Blair Blvd. FREE

FILM Plank Town Presents: Springfilm On The Move January Film: *Thelma and Louise*, 6:30-9pm, Wildish Theater, 630 Main St., Spfd. FREE

GATHERINGS Overeaters Anonymous, 8-9am, First Christian Church, 1236 Oak St., oaeugene.org (541-686-6622 24 hrs. in advance for building code). FREE or don.

Lane County NAMI Friendship Group Cottage Grove, 10am-noon, Jack Sprats Restaurant, 510 E. Main St., Cottage Grove. FREE

Downtown Public Speakers Toastmasters Club, drop-ins welcome, noon-1:05pm, Les Lyle Conference rm., 4th fl. Wells Fargo Bldg., 99 E. Broadway Ave., 541-485-1182. FREE

NAMI Lane County's Mindfulness Group, 4-5:30pm, NAMI Resource Ctr., 2411 Martin Luther King Blvd. FREE

Men's Meet Up, 4:30pm, SASS, 591 W. 19th Ave. FREE.

Who's House? Our House! January 3rd Rally, 5:30-6:30pm, Wayne Lyman Morse U.S. Courthouse, 405 East Eighth Ave. Sponsored by Indivisible Eugene. FREE

Community Radio Volunteer Potluck, 6-8pm, Growers Market, 454 Willamette St. Welcome & orientation/networking, at KEPW 97.3FM studio/office. FREE

Lane County NAMI LGBTQIA+ Connection Group, 6pm, HIV Alliance, 1195A City View St. FREE

Emerald Photographic Society Club Meeting, 6:45pm, Northwood Christian Church, 2425 Harvest Ln., Spfd. FREE

Atheist, Agnostics & Free Thinker AA, 7pm, Unitarian Universalist Church, 1685 W. 13th Ave. FREE.

NAMI Lane County's Friends & Family Support Group, 7pm, NAMI Resource Ctr., 2411 Martin Luther King Jr. Blvd. FREE

HEALTH White Bird Walk-in Counseling & Referral, 5:30-7:30pm today & Saturday, Eugene Downtown Library, 100 W. 10th Ave. FREE

Tai Chi, 6:30pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. First time FREE, then \$7-9 drop-in.

KIDS/FAMILIES Walkers Storytime, 10:15am & 11am, Eugene Downtown Library, 100 W. 10th Ave. FREE

Komedy 4 da Kidz, 11am, Eugene Library Bethel Branch; 2pm, Eugene Library Sheldon Branch. FREE

Family Steam, 4pm, Eugene Library Bethel Branch. FREE

LECTURES AND CLASSES Chair Yoga for the elderly, 10-11am, St. Thomas Episcopal Church, 1465 Coburg Rd. don.

Talks at the MNCH, 2pm, Museum of Natural & Cultural History, 1680 E. 15th Ave. FREE w/ admiss.

ON THE AIR "The Point," current local issues, arts, stories, 9-9:30am, today, tomorrow and Monday through Thursday, Jan. 3, KPOV, 88.9 FM.

"Arts Journal," current local artists, 9-10pm today & Thursday, Jan. 3. Comcast channel 29.

Thursday Night Jazz, 10pm, KLCC, 89.7 FM.

OUTDOORS/RECREATION Pool Hall for seniors, 8:30am-4:30pm, Campbell Community Ctr., 155 High St. \$0.25.

Duplicate Bridge, 12:30pm, today, Tuesday, Sunday & Thursday, Jan. 10; 9:30am on Monday, Emerald Bridge Club, 1782 Centennial Blvd., Spfd. \$8.

Lunchtime Running Group, 3-4 miles, 12:15-12:45pm, Tap & Growler, 207 E. 5th Ave. FREE

Centennial chess club, 5-8pm, Centennial Market, 651 W. Centennial Blvd., Spfd. RSVP 541-912-9061. FREE

Board Game Night, 6-11pm, today & Tuesday, Funagain Games., 1280 Willamette St. FREE

Categorically Correct Trivia w/ Elliot Martinez, 6:30-8pm, Oregon Wine LAB. FREE

Tai Chi, 6:30pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. First time FREE, then \$7-9 drop in.

Trivia w/ Ty Connor, 6:30pm, Ninkasi Tasting Rm, 272 Van Buren St. FREE

Breaking Bingo w/ Logan Leonchroi, 7-8:30pm, Spectrum, 150 W. Broadway.

Pub Trivia, 7-9:30pm, Viking Braggot Co. Southtowne, 2490 Willamette St. FREE

Cards Against Humanity w/ Charley, 8-10pm, Brew & Cue, 2222 Hwy 99 N. FREE

WDYK Trivia w/ Kevin, 8-10pm, Trev's, 1675 Franklin Blvd. FREE

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Level Up, 1290 Oak St. FREE

Blazing Paddles, table tennis club (ping pong). We welcome all ages & skill levels, drop-ins welcome, paddles provided, varying hours today through Thursday, Jan. 10, check wesite for times & occasional cancellations, lanetabletennis. \$5.

SOCIAL DANCE Social Dance, 7-9:30pm, Vets Memorial Ballroom, 1620 Willamette St. First night FREE, then \$7.

Line Dance Lessons, 6-8pm, The Blind Pig Bar, 2750 Roosevelt Blvd. FREE

Country Night at The Cooler, 7:30pm, The Cooler Bar, 20 Centennial Lp. FREE

SPIRITUAL Zen Meditation Group, 7am, Blue Cliff Zen Ctr., 439 W. 2nd Ave. FREE

THEATER *The Sloth* (storytelling), 7-8pm, The Atrium Bldg., 99 W. 10th Ave. FREE

No Shame Theatre Workshop, 8-9:30pm, The Atrium Bldg., 99 W. 10th Ave. FREE

VOLUNTEER Grow for Good: Positive Community Kitchen, 10am-3pm, Laurel Valley Education Farm, 2621 Augusta St. FREE

FRIDAY JANUARY 4

SUNRISE 7:47AM; SUNSET 4:47PM
AVG. HIGH 45; AVG. LOW 32

ART/CRAFT Free First Friday at the Museum, 11am-5pm, Museum of Natural & Cultural History, 1680 E. 15th Ave.

LEGO® Bingo, 11am-noon, Bricks & Minifigs Eugene, 780 Blair Blvd. FREE

LEGO® Free Play, 2-4pm, Bricks & Minifigs Eugene, 780 Blair Blvd.

First Friday ArtWalk, presented by Lane Arts Council, 5:30-8pm, Hult Ctr. For The Performing Arts, 1 Eugene Ctr. FREE

River Flow, 5:30-8:30pm, Central Presbyterian Church, 555 E 15th Ave. FREE

Ongoing Jerry Ross painting exhibit continues. See Thursday, Jan. 3.

BENEFIT First Friday book sale, 4:30-7:30pm, Eugene Public Library, 100 W 10th Ave. Benefit for child reading programs. FREE

FOOD/DRINK Friday Night Burgers & Blues, 6-9pm, Pfeiffer Winery, 25040 Jaeg Rd. FREE

GATHERINGS Job Network Meeting, 5-7pm, Centennial Market, 651 W. Centennial Blvd., Spfd. FREE

Yawn Patrol Toastmasters, 6-7:45am, LCC Downtown Ctr., 110 W. 10th Ave. FREE

Church Women United January Forum ("Dare to Believe, Rise Up to Act"), 9-11:15am, St. Mary's Church, 1300 Pearl St. FREE

Nar-Anon Meeting, 12:30pm, Spfd Lutheran Church, 1542 I St., Spfd. FREE

Food Not Bombs, 1pm cooking, Campbell Club, 3pm serving, Park Blocks, 8th Avenue & Oak Street. FREE

KIDS/FAMILIES Tot Discovery Day: Oregon-ology, 9am-noon, Eugene Science Center, 2300 Leo Harris Pkwy. \$10.

Baby Storytime, 10:15 & 11:15am, Eugene Downtown Library, 100 W. 10th Ave. FREE

Family Storytime, 10:15am, Eugene Public Library Bethel Branch & Sheldon Branch. FREE

All-Ages: Build It, anytime 11am-5pm, Eugene Public Library Bethel Branch & Sheldon Branch. FREE

Adventure! Parents' Night Off / Kids' Night Out, 6-8:30pm, 490 Valley River Ctr. \$20.

Parents Night Out, 6-10pm, Brick Builders, 1133 Willamette St. \$20 per child. Call 541-954-9886 to RSVP.

HEALTH Tai chi for Balance or Yoga Therapy sessions: 30 min each, 3pm, Sacred Heart Medical Ctr. lobby, 3333 Riverbend Dr., Spfd. Don.

LECTURES/CLASSES Talks at the MNCH continues. See Jan. 3.

ON THE AIR Jumpin' In and Out of The Blues, 4-6pm, KOFCG 92.5 FM.

Music Gumbo w/Andy Goldfinger, 6-9pm today & Monday, KOFC 92.5 FM.

Water is Life w/Jana Thrift & John Abbe, 6pm, 97.3 FM or KEPW.org.

Marc Time's Record Attic, 11:30pm, Comcast channel 29.

"The Point" continues. See Thursday, Jan. 3.

OUTDOORS/RECREATION Pool Hall for Seniors, 8:30am-4:30pm, today & Monday through Wednesday, Campbell Community Ctr., 155 High St. \$0.25.

Centennial chess 5-8pm today & Saturday, Centennial Market, 651 W. Centennial Blvd. RSVP at 541-912-9061. FREE

Magic the Gathering, standard deck casual play, 6pm, Castle of Games, 660 Main, Spfd. \$1.

Trivia Night on the Farm, 6-8pm, Agrarian Ales, 31115 W. Crossroads Ln., Coburg. FREE

Game Night, learn & play table-top games, 7-9pm. Barnes & Noble, 1233 Valley River Dr. FREE

Cards Against Humanity w/ Quincy, 9-11pm, Twisted Duck, 533 W. Cenntennial Blvd., Spfd. FREE

Blazing Paddles, table tennis club (ping pong). We welcome all ages & skill levels, drop-ins welcome, paddles provided, varying hours today through Thursday, Jan. 10, check wesite for times & occasional cancellations, lanetablennis. \$5.

Board Game Night continues. See Thursday, Jan. 3.

SOCIAL DANCE Argentine Tango Dance Classes, 7-9:15am, Celebration Belly Dance & Yoga Studio, 1840 Willamette St., Ste. 206. \$10.

Advanced dance class w/ Taller de Son Jarocho, 4:30-6pm, Whiteaker Community Ctr., N. Jackson & Clark St. FREE

Eugene Contact Participation Dance Jam, 6-8pm, Xcape Dance Academy, 1615 Oak St. \$5-15 sliding scale.

Dancing, 10pm-2:30am today & Saturday, The Drake, 77 W. Broadway. FREE

SPIRITUAL Zen Meditation Group, 7:30pm, Blue Cliff Zen Ctr., 439 W. 2nd Ave. FREE

BENEFIT A Night on Broadway! The Debutante and Emerald Knight Pageant!, 6-9:30pm, Spectrum, 150 W. Broadway. Benefit for ISCEE. \$10.

COMEDY Gamers' Paradise, 9-11pm, Doc's Pad, 710 Willamette St. \$5 sug. don.

FILM Skateboarding videos: A double feature with CYC & Plague Hardware, 7:30pm, WOW Hall, 291 W. 8th Ave. \$5.

GATHERINGS Al-Anon, friends & family of alcoholics, beginners meeting, 9am, Bethesdal Lutheran Church, 4445 Royal Ave., 541-554-3707. FREE

Our Revolution Lane County, 11am-1pm, Theo's Coffee House at Whirled Pies, 199 W. 8th Ave. FREE

Co-Dependents Anonymous, 12 step meeting, noon-1pm, White Bird Clinic, 341 E. 12th Ave. FREE

Drum Circle, hand drums preferred, noon-5pm, Cush Cafe, 1305 Railroad Blvd. FREE

Peace Vigil, noon-1pm, downtown library, info at 541-484-5099. FREE

HEALTH Flow Yoga, ages 18+, 10am, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. First time FREE, then \$7-9 drop-in.

White Bird Walk-In Counseling & Referral continues. See Thursday, Jan. 3.

KIDS/FAMILIES Legos, 10:15am, Eugene Public Library Sheldon Branch & Bethel Branch, 541-682-8323. FREE

Family Music Time, 10:15am, Eugene Downtown Library, 100 W. 10th Ave. FREE

Table Tennis for kids, 1:30-2:30pm, Boys & Girls Club, 1545 W. 22nd St., eugenettclub.com or 541-515-2861. FREE

2nd Annual Gnome Roam Nature Quest, 1-3pm, Nearby Nature, 622 Day Island Rd. FREE for members, \$5 for nonmembers.

Teens: Mario Kart Tournament, 4pm, Eugene Public Library Sheldon Branch, FREE

LECTURES/CLASSES Fiction Writing Workshop for Teens w/ Cidney Swanson, 1-3pm, Barnes & Noble, 1163 Valley River Dr. FREE

Walk & Talk at the Museum continues. See Thursday, Jan. 3.

LITERARY ARTS Garrick Beck, author, 5-7pm, Tsunami Books, 2585 Willamette St. FREE

ON THE AIR Country Classics, Hot Licks & Hipbilly favorites, ft. artist Hank Williams, 9-11am, KRVM.

Taste of the World w/Wagoma, cooking & cultural program, 9-10am today, 7-8pm Tuesdays, Comcast channel 29.

Music Hour w/ Wally Bowen, 1-2pm today & tomorrow, 92.5 KOCF.

Reverb w/ Sean Cummins, 2-4pm, 92.5 KOCF.

60s Beat, "Keeping the Spirit of the 60s Alive," ft. artist Neil Diamond, 7-9pm, KRVM.

The Institute of Spectra-Sonic Sound, 10pm-midnight, 97.3, KEPW.

The Dr. Yeti Show, 10pm-midnight today & tomorrow, 92.5, KOCF.

OUTDOORS/RECREATION All-Paces Group Run, 9am, Run Hub Northwest, 515 High St., 541-344-1309. FREE

Amtgard Iron Keep LARP, Emerald Park, 1pm, 1400 Lake Dr. FREE

Cribbage at the Kitchen, 6-8pm, Claim 52 Kitchen, 1203 Willamette St. FREE

Blazing Paddles continues. See Friday.

Centennial chess club continues. See Friday.

SOCIAL DANCE Dance Empowered w/ Cynthia Valentine, 9-10am today; Monday & Wednesday, 5:30-6:30pm, WOW Hall, 291 W. 8th Ave. \$10 drop-in.

Cuban Salsa Dancing for Beginners, 4-5pm, Eugene Flamenco Arts Studio, 1670 W 11th Ave. \$35 per month.

Country Line/Couples Dancing, 8pm, The Keg Tavern, 4711 W. 11th Ave. FREE

Dancing, 10pm-2:30am, The Drake Bar, 77 W. Broadway. FREE

SPIRITUAL Day-long meditation, 10am-4pm, Ctr. for Sacred Sciences , 5440 Saratoga St. (At Fox Hollow). Don.

Contemplative Mass w/ Taize Chant, 5:30-6:30pm, Episcopal Church of the Resurrection, 3925 Hilyard St. FREE

THEATER Auditions for *Hello, Dolly!*, 1:30pm, The Very Little Theatre, 2350 Hilyard St. FREE

Moral Storytelling & Puppetry by puppet-master "Pappenspiel" Eberhard Eichner, 1-2pm, Tsunami Books, 2585 Willamette St. Don.

Roving Park Players' Auditions for Jane Austen's *Persuasion*, 2-4pm, Good Samaritan Society – Chapel – 3500 Hilyard St. FREE

VOLUNTEER Feed the Hungry w/ Burrito Brigade, 10am, Bethesda Lutheran Church, 4445 Royal Ave. FREE

Prune & Groom Work Party, 10am-1pm, Mount Pisgah Arboretum, 34901 Frank Parrish Rd. FREE, RSVP to site@mountpisgaharboretum.org.

Grow for Good: Positive Community Kitchen continues. See Thursday, Jan. 3.

Tsuge, 4pm, Knight Library (browsing room), UO. FREE

Walk & Talk at the Museum continues. See Thursday, Jan. 3.

ON THE AIR "The Sunday Morning Hangover TV Show," 1:30am, Comcast channel 29.

"The Sunday Morning Hangover Radio Program" w/ Marc Time, 10am, KWVA 88.1FM & kwvara-dio.org.

Son of Saturday Gold, True stuff for true believers, ft. artist Sam Cooke, 11am-1pm, KRVM.

Reverb w/ Sean Cummins, 2pm, 92.5 KOCF.

Music Hour w/Wally Bowen continues. See Saturday.

Dr. Yeti Show continues. See Saturday.

OUTDOORS/RECREATION Play Petanque! Easy to learn/fun to play, free lessons, 1-4pm Sundays & 1-4pm Wednesdays, University Park, University Ave & 24th Ave. FREE

Final Table Poker, 3pm & 6pm, Steve's Bar & Grill, 117 14th St., Spfd. FREE

Malabon Players Society, adult pick up basketball, 3pm, Malabon Elementary School, 1380 Taney St. FREE

Blazing Paddles continues. See Thursday, Jan. 3.

Duplicate Bridge continues. See Thursday, Jan. 3.

SPIRITUAL Prayers for World Peace, 10:30am-noon, Mahasid-dha Kadampa Buddhist Ctr., 777 High St. FREE

Zen Meditation Group, 5:30-7pm, Blue Cliff Zen Ctr., 439 W. 2nd Ave. FREE

Refuge Recovery Meeting, 7-8:30pm, Open Sky Shambhala Ctr., 783 Grant St. FREE

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CALENDAR

<p>Gnostic Mass, 8pm, Coph Nia Lodge Oto, 4065 W. 11th Ave.. #43. FREE</p> <p>THEATER Roving Park Players' Auditions for Jane Austen's <i>Persuasion</i> continues. See Saturday.</p> <p>VOLUNTEER Interfaith Sunday breakfast, needs volunteers! all/no faiths, everyone welcome, serving over 400 people every Sunday, 6:30-10:30am, First Christian Church, 1236 Oak St., volunteers please contact Susan at 541-343-4397 or breakfast@heartofeugene.org. FREE</p> <p>Feed the Hungry w/ Burrito Brigade, 11am, First Christian Church, 1236 Oak St. FREE</p>	<p>Women in Black, silent peace vigil, 5-5:30pm, Pearl & 7th. FREE</p> <p>Co-Dependents Anonymous, 12-step meeting, 6-7pm, Well-springs Friends School, 3590 W. 18th Ave. FREE</p> <p>Eugene Peace Choir, 6-8pm, Good Samaritan Society (Chapel), 3500 Hilyard St. FREE</p> <p>Smoke Alert: What's Happening with Oregon's Forest Practices?, a panel & public discussion, 6-8pm, First Christian Church [community room], 1166 Oak St. FREE</p> <p>Keep It Simple Spfd. Al-Anon Family Group, 6:30-7:30, Spfd Lutheran Church, 1542 I St., Spfd. FREE</p> <p>Lane County NAMI Connections Group, 6:30pm, Nami Resource Ctr., 2411 Martin Luther King Blvd. FREE</p> <p>Men's Mentoring Circle, 6:30-8:30pm, McKenzie River Men's Ctr., 1465 Coburg Rd. \$10 sug. don.</p> <p>Depression & Bipolar Support Alliance of Lane County, 7-8:30pm, First United Methodist Church, 1376 Olive St. FREE</p> <p>Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 236 E. 13th Ave. FREE</p> <p>NAMI Lane County's Friends & Family Support Group, 7-8:30pm Healing Matrix, 632 Main St., Cottage Grove. FREE</p> <p>Nar-Anon Meeting, 7pm, St. Thomas Episcopal Church, 1465 Coburg Rd. & Cottage Grove Community Ctr., 700 E. Gibbs Ave., Cottage Grove. FREE</p> <p>SASS Monday Night Drop-in Group, for survivors of sexual assault, self-identified women 18+, 7-8:30pm, 591 W. 19th Ave. FREE</p> <p>Pinball League Meeting, 8-9:30pm, Level Up Arcade, 1290 Oak St. \$5.</p>	<p>Bingo! 9pm, Sam Bond's Garage, 407 Blair Blvd. FREE</p> <p>HEALTH Latin Cardio Fusion, ages 14+, jazzy dance workout, 5:30pm today & Wednesday, Bob Keefer Ctr., 250 S. 32nd St., Spfd. \$7-\$9.</p> <p>Tai chi for Balance or Yoga Therapy sessions continues. See Friday.</p> <p>White Bird walk-in counseling & referral, 5:30-7:30pm, downtown library. FREE</p> <p>KIDS/FAMILIES Adventure! New Year at Noon!, 10am-1pm, Adventure! Children's Museum, 490 Valley River Ctr. \$4 per person.</p> <p>Children's Intro to Ki-aikido, 4:15pm today & Wednesday, Oregon Ki Society, 1071 W. 7th Ave. FREE</p> <p>LECTURES/CLASSES DanceAbility Class, creative movement for youth & adults; all abilities & disabilities, 5:15-6:15pm, CG Body Studio, 28 S. 6th St. #B, Cottage Grove, 541-357-4982. don.</p> <p>Dance Fitness, ages 14+, dance yourself fit to pop, jazz & more, 5:30-6:30pm today & Wednesday, Bob Keefer Ctr., 215 W. C St., Spfd. \$9.</p> <p>ON THE AIR Music Gumbo w/ Andy Goldfinger continues. See Friday.</p> <p>"The Point" continues. See Thursday, Jan. 3.</p> <p>OUTDOORS/RECREATION Filipino Martial Arts for Fitness, 5pm, Bob Keefer Ctr., 250 S. 32nd St., Spfd. FREE intro.</p> <p>The Monday Night Running Group, 5:30pm, Eugene Running Company, 123 Oakway Ctr. FREE</p> <p>Trivia at The Pub w/ Elliot Martinez, 6-8pm, Oakshire, 207 Madison St. FREE</p> <p>Trivia Night w/ Dom, 6-8pm, Gateway Grill, 3198 Gateway St., Spfd. FREE</p>	<p>Board Game Night, hosted by Funagain Games, 7pm, The Barn Light, 924 Willamette St., info at thebarnlightbar.com. FREE</p> <p>Twisted Trivia, 7pm, Webfoot, 839 E. 13th Ave. FREE</p> <p>Mario Kart Tournament, 9pm-2:30am, The Drake Bar, 77 W. Broadway. FREE</p> <p>Blazing Paddles continues. See Thursday, Jan. 3.</p> <p>Duplicate Bridge continues. See Thursday, Jan. 3.</p> <p>FREE adult intro to ki-aikido continues. See Thursday, Jan. 3.</p> <p>Pool Hall continues. See Thursday, Jan. 3.</p> <p>SOCIAL DANCE Folk Dancing for Seniors, 2:30-4pm, Campbell Community Ctr., 155 High St., info at 541-603-0998. \$.25-\$1.</p> <p>Dance Empowered w/ Cynthia Valentine continues. See Saturday.</p> <p>VOLUNTEER Friends of Buford Park & Mt. Pisgah Habitat Restoration Projects, 9am-noon, locations vary, volunteer@bufordpark.org. FREE</p>	<p>6622 24 hrs. in advance for building code). FREE</p> <p>Cascade Toastmasters, drop-ins welcome, 7-8:15am, Lane Transit District, 3500 E. 17th Ave., 541-682-6182. FREE</p> <p>Church Women United Breakfast, 7:30-8:30am, Brails Restaurant, 17th & Willamette. No host.</p> <p>Singing Heart Community Singing, 10:30am-noon, McNail-Riley House, 601 W. 13th Ave. \$10 sug. don.</p> <p>Resist Trump Tuesday, noon, Federal Courthouse, 405 E. 8th Ave. FREE</p> <p>Beginning Tai Chi & Qigong for balance & energy, 1-2pm, Saint Thomas Episcopal Church, 1465 Coburg Rd. Don.</p> <p>Debtor's Anonymous, 5:30-6:30pm, Central Presbyterian Church, 555 E. 15th St., 541-357-1390. FREE</p> <p>NAMI Lane County's Campus Connection Group, 6-7:30pm, Hedco Building, Rm. 144, University of Oregon. FREE</p> <p>Meditation Tuesday, 6pm, Open Sky Shambhala, 783 Grant St. FREE</p> <p>Co-Dependents Anonymous, men only 12-step meeting, 6:30-8pm, First Christian Church, 1166 Oak St. FREE</p> <p>Adult Children of Alcoholics Meeting, 7-8:15pm, Trinity United Methodist Church, 440 Maxwell Rd. FREE</p> <p>Nar-Anon Meeting, beginners 6pm, back to basics 7pm, Wesley United Methodist Church, 1385 Oakway Rd. FREE</p> <p>Tequila Tuesday! Old Nick's Trivia w/ Phil, 7-9pm, 211 Washington St. FREE</p> <p>Hate Crime & Discrimination Listening Session (Oregon AG office, in conjunction with the Community Alliance of Lane County), 6-8pm, Harris Hall, 125 E. 8th Ave. FREE</p>	<p>Breaking Bingo w/ Hunter-Downe Knightly, 9pm, Old Nick's Pub, 211 Washington St. FREE</p> <p>Lunchtime 30 Minute Guided Meditation continues. See Monday.</p> <p>HEALTH Tai Chi: Moving for Better Balance: ages 18+, 6:30pm, today & Thursday, Willamalane Adult Activity Ctr., 350 W. C St., Spfd. \$7-9.</p> <p>White Bird Now Free Walk-in Counseling & Referral continues. See Thursday, Jan. 3.</p> <p>KIDS/FAMILIES</p> <p>Fur & Feathers Green Start Play Day, 10am-noon, Nearby Nature, 622 Day Island Rd. Members FREE, nonmembers \$5. Pre-register online or call 541-687-9699.</p> <p>Table Tennis for kids continues. See Thursdday, Jan. 3.</p> <p>LECTURES/CLASSES</p> <p>Introduction to Business Plan Concepts, 3-5pm, Lane Small Business Development Ctr., 101 W. 10 Ave. \$45.</p> <p>Money Matters for Beginners w/ Mark Brauer, 5:30pm, Eugene Public Library Sheldon Branch. FREE</p> <p>Business Model Workshop - Techstars Startup Weekend Eugene 2019, 6-7:30pm, Rain Eugene, 942 Olive St. FREE</p> <p>Chair Yoga for the elderly continues. See Thursday, Jan. 3.</p> <p>Talks at MNCH continues. See Thursday, Jan. 3.</p> <p>LITERARY ARTS Page 2 Poetry Open Mic, 7:30pm sign-up, Cush Cafe, 1305 Railroad Blvd. FREE</p> <p>ON THE AIR Anarchy Radio w/ John Zerzan, 7p, KWWA, 88.1 FM Taste of the World w/ Wagoma continues. See Saturday.</p> <p>"The Point" continues. See Thursday, Jan. 3.</p>
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GALLERIES

Lane Arts Council's Jan. 4 First Friday ArtWalk is guest-hosted by Kelly Johnson, executive director of Arts and Business Alliance of Eugene.

Maurie Jacobs Community Room JOJO ABOT is an interdisciplinary artist exploring spirituality, community and identity focused evolutions as a pathway to SELF discovery and full existence. Hult Ctr

Karin Clarke Gallery Large solo-show of new oil paintings by Lane Community College (LCC) faculty Adam Grosowsky. 760 Willamette St

InEugene Real Estate Jacqueline Victoria Davis' debut show. Davis' art features a subject that has moved her. 100 E. Broadway

Oregon Art Supply Artists Sarah Sedwick, Jenny Gray, Ann Bumb Hamilton, Zoe Cohen and Rebecca Mannheimer come together

in a show with art in one medium. 1020 Pearl St

Epic Seconds Benjamin Terrell's "Man Above Water" features oils and watercolors. 30 E. 11th Ave

OPENING

Broadway Commerce Ctr "10 years of Northwest Memories," dozens of pieces by David CP Placencia. 44 W Broadway

Eugene Public Library "We Are Neighbors," a photo exhibit by CALC. 100 W. 10th Ave

Euphoria Chocolate Company "Chaos Catchers," artwork by David CP Placencia and his apprentices. 946 Willamette St

MODERN Acrylic botanical paintings by Northwest artist Sandy Cargill. 207 E. 5th Ave

Passionflower Design Features Liz Grant, who



ZOOT BY JACQUELINE VICTORIA DAVIS

creates hand-wrought and hand-tooled metalwork. 128 E. Broadway

Starlight Lounge "Bon Bons, Betties & Bouffants!" mixed media work by Bonnie Bozell. 830 Olive St

The Lincoln Gallery "Let's Talk About Love," a group show. 309 W. 4th Ave

The New Zone Gallery Artwork from this show will be part of an exhibit Feb. 22 at John G. Shedd Institute with Siri Vik and the company's performances of Kurt Weill and Bertolt Brecht's *The Seven Deadly Sins of the Petty Bourgeoisie*. 220 W. 8th Ave

Raven Frame Works Work by Anne Korn, primarily focusing on flora and fauna in the Art Card Editions and Originals format. 325 W. 4th Ave

Townshend's Teahouse Artist Individual and collaborative works by Peter Licavoli and Isabella Licea. 41 W. Broadway

Vistra Framing & Gallery Diane Lewis, Patricia Carroll, Sadie Smith & Lisa Livoni. 411 W. 4th Ave

White Lotus Gallery "Selected Works for the Holiday Season," featuring art by Japanese, Chinese, and Northwest artists. 767 Willamette St

CONTINUING

Cowfish Work by Troy Jacobson. 62 W. Broadway

ECO Sleep Solutions & Gallery Various artists exploring different mediums. 25 E. 8th Ave

Goldworks Jewelry Art Studio Original jewelry by Goldworks staff. 169 E. Broadway

LovaKava Kava Bar & Restaurant Original art. 120 W Broadway

Mosaic Fair Trade Collection Garden art & fair trade wine tasting. 28 E. Broadway

Noisette Pastry Kitchen Karen Lee, "Stream of Consciousness." 200 W. Broadway

OUT ON A LIMB Gallery "Art For Art's Sake," a benefit show for gallery, which features donated work by artists who displayed at gallery over the past seven years.

OUTDOOR/RECREATION Running Group, 4 miles, 6-10pm, Tap & Growler, 207 E. 5th Ave. FREE

Shuffleboard & Foosball Tournament, 6pm, The Barn Light, 924 Willamette St. FREE

Bingo Night w/ Zach, 7pm, Side Bar, 2380 Coburg Rd. FREE

Killer Queen League Night, 10pm-2am, Level Up Arcade, 1290 Oak St. FREE

Trivia w/ Ty Connor, 7pm, Beer-garden, 777 W. 6th Ave. FREE

WDYK Trivia w/ Dom, 7pm, Shooter's Pub & Grill, 2650 River Rd. FREE

WDYK Trivia w/ Kevin, 7pm, Pour House, 444 N. 42nd St., Spfd. FREE

WDYK w/ Zach, 7pm, First National Tap House, 51 W. Broadway, 541-393-6517. FREE

Bingo, 8pm, Webfoot, 839 E. 13th Ave. FREE

Trivia, 8pm, Duck Bar, 1795 W. 6th Ave. FREE

Bingo Bongo, 9-11pm, The Drake, 77 W. Broadway. FREE

Board Game Night continues. See Thursday, Jan. 3.

Blazing Paddles continues. See Thursday, Jan. 3.

Pool Hall continues. See Thursday, Jan. 3.

Duplicate Bridge continues. See Thursday, Jan. 3.

SOCIAL DANCE Eugene Folk Dancers, weekly international folk dancing, 6:45pm lessons, 7:45pm dance, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. 541-344-7591. \$3-7.

Ballroom Dance Fundamentals, 6:45pm to register & dance starts at 7:45pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. \$3 drop-in paid to instructor.

Bailonga: Argentine Tango Milonga, 7-10pm, The Vet's Club, 2326 Willamette St. \$5.

Dance Empowered w/ Cynthia Valentine continues. See Saturday.

SPIRITUAL Zen Meditation Group, 7-8am, Blue Cliff Zen Ctr., 439 W. 2nd Ave. FREE

VOLUNTEER Volunteer Orientation, 7pm, WOW Hall, 291 West 8th Ave. FREE

WEDNESDAY

JANUARY 9
SUNRISE 7:46AM; SUNSET 4:52PM
AVG. HIGH 46; AVG. LOW 33

ARTS/CRAFTS Ongoing Jerry Ross painting exhibit continues. See Thursday, Jan. 3.

COMEDY Open Mic Comedy, 6:30pm signup, 7pm show, The Drake Bar, 77 W. Broadway. FREE

Comedy Open Mic w/ Seth Milstein, 9pm, Sam Bond's Garage, 407 Blair Blvd. FREE

FILM Movie Appreciation Group: *The Night of the Hunter*, 1-3pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. FREE

GATHERINGS Overeaters Anonymous, 8-9am, First Christian Church, 1236 Oak St., oaeugene.org (541-686-6622 24 hrs. in advance for building code). FREE or don.

Drop-In Meditation Class, noon-1pm, Neuromeditation Institute, 115 W. 8th Ave. Don.

Lunchtime 30 Minute Guided Meditation, 12:15-12:45pm, Mahasiddha Kadampa Buddhist Ctr. — Eugene Branch, 777 High St., 2nd floor. \$5.

Nar-Anon Meeting, 12:30pm, Spfd Lutheran Church, 1542 I St., Spfd. FREE

Make Your Next Plate Great: Building Healthy Meals, 2pm, Eugene Downtown Library, 100 W. 10th Ave. FREE

Peace Vigil, 4:30pm, 7th & Pearl. FREE

Green Drinks & Conservation Roundtable, 5-9pm, Plank Town Brewing Company, 346 Main St., Spfd. FREE

Co-Dependents Anonymous, women-only 12-step meeting (infants allowed), 6-7pm, St. Thomas Episcopal Church, 1465 Coburg Rd. FREE

NAMI Lane County Connections group Florence, 6:30-8pm, New Winds Apartments Community Roo, 750 Lauren St. FREE

Singing Heart Community Singing, 7-8:30pm, Unitarian Universalist Church of Eugene, 1685 W. 13th Ave. \$10 sug. don.

Meditation class - How to Transform Your Life, 6pm, Mahasiddha Kadampa Buddhist Ctr., 777 High St. \$10.

"Out of the Fog," meeting of Marijuana Anonymous, 7:30pm, St. Mary's Episcopal Church, 1300 Pearl St. FREE

Lunchtime 30 Minute Guided Meditation continues. See Monday.

HEALTH Latin Cardio Fusion continues. See Monday.

White Bird Now Free Walk-in Counseling & Referral continues. See Thursday, Jan. 3.

KIDS/FAMILIES Preschool Storytime, 10:15 & 11am, Eugene Downtown Library, 100 W. 10th Ave. FREE

Family Steam, 4pm, Eugene Public Library Sheldon Branch. FREE

Teens Cook w/ Mason Jars, 4pm, Eugene Downtown Library, 100 W. 10th Ave. FREE

LECTURES/CLASSES SBDC Contractors Certification Preparation Course, 8am-5pm, Lane Small Business Development Ctr., 101 W. 10 Ave. To register, please contact Dan or Sue Hines at 1-503-722-2894 or email dan@moneywiseco.com. \$330.

Dance Fitness continues. See Monday.

Talks at the MNCH continues. See Thursday, Jan. 3.

ON THE AIR "Truth Television," live call-in local news/politics, 6pm, Comcast 29.

The Colours of Aire w/DJ Anonymous, 9pm, 97.3 FM or KEPW.org.

"That Atheist Show," weekly call-in, 7pm, Comcast 29, 541-790-6617.

"The Point" continues. See Thursday, Jan. 3.

OUTDOORS/RECREATION Mom & Baby Stroller Run, 9:30am, Run Hub Northwest, 515 High St., 541-344-1309. FREE

Community Group Run, 3-6 miles, 6pm, Run Hub Northwest, 515 High St., 541-344-1309. FREE

Trivia w/Elliott Martinez, 7-9pm, 23 Tons Cafe, 2864 Willamette St. FREE

WDYK Trivia w/Dom, 7pm, Bugsy's Bar & Grill, 559 N. Pacific Hwy., Junction City, 541-998-5185. FREE

Cards Against Humanity w/ Kevin, 8pm, First National Tap-house, 51 W. Broadway. FREE

Pinball Knights, 3-strikes pinball tournament, 21 & over, 8pm, Blairally, 245 Blair Blvd., 541-683-1721. \$5 buy in.

Trivia w/Ty Connor, 8pm, Starlight Lounge, 830 Olive St. FREE

Play Petanque! continues. See Sunday.



Hate crime has been on the rise in Oregon — despite what local racist Jimmy Marr experienced in Corvallis earlier in December when a brawl with Antifa somehow ended with Marr taking a trip to the hospital. **Attorney General Ellen Rosenblum** chairs a legislative task on hate crimes to study hate-motivated crimes in Oregon. When Rosenblum announced the task force's formation, she said Oregon's laws governing hate crimes might benefit by a full review and may need to be updated. To understand these crimes, Rosenblum is holding listening sessions on hate crimes all around Oregon. Representatives will be available to hear from the public about experiences with hate crimes and discrimination in Eugene. Community members can provide comment without sharing names or through written testimony.

The task force on hate crime and discrimination is 6 pm Tuesday, Jan. 8, at Harris Hall, located at 125 E. 8th Avenue. FREE. — *Henry Houston*

Blazing Paddles continues. See Thursday, Jan. 3.

Cards Against Humanity w/ Charley continues. See Thursday, Jan. 3.

Duplicate Bridge continues. See Thursday, Jan. 3.

Pool Hall continues. See Thursday, Jan. 3.

SOCIAL DANCE Scottish Country Dancing, 7-9pm, Santa Clara Grange, 295 Azalea Dr. First time FREE, monthly \$15.

Ballroom Dancing, ages 18+, 7:45pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd. First class FREE, then \$5-6 drop-in.

THURSDAY

JANUARY 10
SUNRISE 7:46AM; SUNSET 4:54PM
AVG. HIGH 46; AVG. LOW 33

ART/CRAFT Copper and Tin Metal work by Artful Alchemy, 6pm, Hop Valley Brewing Co., 990 W 1st Ave. \$35.

Ongoing Jerry Ross painting exhibit continues. See Thursday, Jan. 3.

GATHERINGS Overeaters Anonymous, 7-8am, First Christian Church, 1236 Oak St. [541-686-6622 24 hrs. in advance for building code] oaeugene.org. FREE or don.

NAMI Lane County Friendship Group, 10am-noon, Jack Sprats, 510 E. Main St., Cottage Grove. FREE

Downtown Public Speakers Toastmasters Club, drop-ins welcome, noon-1:05pm, Les Lyle Conference rm., 4th fl. Wells Fargo Bldg., 99 E. Broadway Ave., 541-485-1182. FREE

NAMI Mindfulness Group, 4-5pm, NAMI Resource Ctr., 2411 Martin Luther King Blvd., 541-520-3096. FREE

Men's Meet Up, for survivors of sexual assault, self-identified men 18+, 4:30-6pm, SASS, 591 W. 19th Ave. FREE

Lane County NAMI LGBTQIA+ Connection Group, 6-7:30pm, HIV Alliance, 1195A City View St. FREE

Learn to Meditate, 6-8pm, Open Sky Shambhala, 783 Grant St. \$15.

Emerald Photographic Society Club Meeting, 6:45pm, Northwood Christian Church, 2425 Harvest Ln., Spfd. FREE

Atheist, Agnostics & Free Thinker AA, 12-Step Meeting, 7-8pm, Unitarian Universalist Church, 2385 W. 13th Ave., 541-953-5119. FREE

NAMI Lane County's Friends & Family Support Group, 7-8:30pm, NAMI Resource Ctr., 2411 Martin Luther King Blvd. FREE

HEALTH White Bird now offers free walk-in counseling & referral, 5:30-7:30pm, Eugene Downtown Library. FREE

KIDS/FAMILIES Babies-Toddlers Storytime, 4pm, Goose Resale, 1075 Chambers, 541-343-1300. FREE

Family STEAM, enjoy hands-on fun & learning together w/ science, technology, etc., 4pm, Eugene Public Library Bethel Branch. FREE

Table Tennis for kids, 4-45-6:15pm today & Tuesday, Boys & Girls Club, 1545 W. 22nd St., eugenettclub.com or 541-515-2861. FREE w/membership.

LECTURES/CLASSES Chair Yoga for the elderly, 10-11am, St. Thomas Episcopal Church, 1465 Coburg Rd. Don.

SBDC Food Cart Operations, 3-5pm, Lane Small Business Development Ctr., 101 W. 10 Ave. \$45.

Selling on Etsy — Getting Started, 6-8pm, Lane Small Business Development Ctr., 101 W. 10 Ave. \$45.

Talks at the MNCH continues. See Thursday, Jan. 3.

ON THE AIR "What a Long Strange Trip It's Been w/ Wally Bowen," 7-8pm. KOCF 92.5 FM.

Thursday Night Jazz w/David Gizara, 10pm. KLCC 89.7FM.

"Arts Journal" continues. See Thursday, Jan. 3.

"The Point" continues. See Thursday, Jan. 3.

OUTDOORS/RECREATION Pool Hall for seniors, 8:30am-4:30pm, Campbell Community Ctr., 155 High St. \$0.25.

Lunchtime Running Group, 3-4 miles, 12:15-12:45pm, Tap & Growler, 207 E. 5th Ave. FREE

Centennial chess club, 5-8pm, Centennial Market, 651 W. Centennial Blvd., Spfd. RSVP 541-912-9061. FREE

Board Game Night, 6-11pm, Funagain Games, 1280 Willamette St. FREE

Categorically Correct Trivia w/Elliott Martinez, 6:30-8pm, Oregon Wine LAB. FREE

Trivia with Ty Connor, 6:30pm, Ninkasi Tasting Rm, 272 Van Buren St. FREE

Adult intro to ki-aikido, 7pm, OKS, 1071 W. 7th. FREE

Breaking Bingo w/ Logan Leonchroi, 7-8:30pm, Spectrum, 150 W. Broadway.

Cards Against Humanity w/ Charley, 8-10pm, Brew & Cue, 2222 Hwy 99 N. FREE

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Level Up, 1290 Oak St. FREE

Blazing Paddles continues. See Friday.

Duplicate Bridge continues. See Thursday, Jan. 3.

Tai Chi continues. See Thursday, Jan. 3.

SOCIAL DANCE Line Dance Lessons, 6-8pm, The Blind Pig Bar, 2750 Roosevelt Blvd. FREE

English & Scottish Country Dancing, 7pm, Vet's Memorial Ballroom, 1620 Willamette St. \$7, first night FREE.

Music & Dance Workshops w/ Taller de Son Jarocho, 7pm, American Legion Hall, 3650 River Rd. FREE

Fall Dance Sampler Series, Tango, 7:30pm, In Shape Athletic Club, 2681 Willamette St. \$10.

Drag Takeover, 10pm, The Drake, 77 W. Broadway. FREE

Country Night at The Cooler continues. See Thursday, Jan. 3.

SPIRITUAL Zen Meditation Group, 7-8am, Blue Cliff Zen Ctr., 439 W. 2nd Ave. FREE

Zen Meditation, 7-8:45pm, Zen West, 981 Fillmore St., zenwest-eugene@gmail.com. FREE

THEATER *The Lion King*, 7:30pm, Hult Ctr., 1 Eugene Ctr. \$39.75-112.25.

No Shame Theatre Workshop continues. See Thursday, Jan. 3.

The Sloth [storytelling] continues. See Thursday, Jan. 3.

VOLUNTEER Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party, 9am. Contact volunteer@bufordpark.org, or at 541-344-8350.

Owen Rose Garden Monthly Work Party, 9am-noon, Owen Rose Garden, 300 N. Jefferson St. For more information, contact Vanessa Young, Park Volunteer Coordinator, at vyoung@eugene-or.gov or 541-510-9318. FREE

Friends of Trees Crew Leader Training, 6-7:30pm, Friends of Trees, 338 W 11th Ave. RSVP at EugeneTrees@FriendsofTrees.org or 541-632-3683.

ATTENTION OPPORTUNITIES

Due date for the calendar is noon the Thursday before the Thursday issue in which you would like your event published. For example, if you'd like to be included in our Jan. 17 edition, please visit www.eugeneweekly.com/calendar/event/add & submit your event online by Thursday, Jan. 10 at noon. For questions, email cal@eugeneweekly.com.

Editor is compiling an anthology called What Happened to the Hippies that will feature short articles from individuals who considered themselves hippies in the 1960's and early 70's. If you might be interested in knowing more about this project, please email hippiebook@yahoo.com.

Rotary District 5110 seeks team members for its 2019 Group Study Exchange program, a vocational & cultural exchange for young professionals ages 23-40 who will spend three weeks in Israel in May 2019. Cost is \$700. For further information, contact RueLaMarchen@5110gse@gmail.com.

The Long Term Care Ombudsman program is offering free training in Eugene on Jan. 9, 10, 16, 17 & 31. The Ombudsman program serves long-term care facility residents through complaint investigation, resolution and advocacy for improvement in resident care. For more information about the program, and to sign up for the training, go to oltco.org and click on volunteer opportunities.

The Christmas Tree Recycling Fundraiser is underway for Jujin Gakuen Elementary School and the fifth-grade class trip to Japan in 2019. Pickup dates are Jan. 5 and Jan. 12. Email japanchristmastrees@gmail.com or text 541-852-3148 for more information. Requests for pickup will be taken until 8pm the day before pickup. \$10 per tree, \$15 per flocked tree.

A rally will be held Jan. 15 in Salem outside the Oregon Dept. of Veterans Affairs at 4pm, just prior to public comment hearing on the Jordan Cove LNG export terminal and Pacific Connector fracked gas pipeline. Bus transportation from Eugene is at 2:15pm at First United Methodist Church [1376 Olive St.]. To reserve a seat on the bus, email 350eugene@gmail.com.

THE BANALITY OF EVIL

Vice takes scattershot aim at the malevolent figure of Dick Cheney, and fails to hit its target

In the pantheon of true American baddies, Dick Cheney ranks right in the top tier — a man who gives Henry Kissinger a run for his money in the realm of sheer, unreconstructed villainy.

Cynical autocrat, war profiteer, torture advocate, shredder of constitutional protections and destroyer of democratic processes, former Vice-President Cheney hijacked the U.S. presidency from a blundering moron and, in the process, solidified executive powers to their current level of perpetual tyranny.

If Trump is fascism's stooge, Cheney is its Machiavelli.

Beyond that, he just doesn't seem like a very nice guy. Charming old Obama could wage endless wars and deport oodles of immigrants and elevate the surveillance state to its current pinnacle of Orwellian perfidy — and nobody cared; but Cheney, the real-life Mr. Smithers, remains one of our favorite assholes, a figure of unregenerate evil, easy to hate and hard to pin down — Iago in a pinstriped suit.

Given such savage qualifications, you'd think Cheney would make a tasty target for cinematic satire, along the lines of Kubrick's wild and wooly *Dr. Strangelove*, or perhaps the subject of a depth portrait that envisions Persnickety Dick as a late-empire *Citizen Kane*, some darkly shrouded ghouls roaming the back channels of absolute power.

Instead, writer and director Adam McKay opts to ... I don't know what. *Vice* is a wretchedly bad movie: a confused biopic about Cheney that is at once artistically bankrupt and politically insipid. It comes across as something less than propaganda, a scattershot blast of rote outrage that swaps narrative coherence for a kaleidoscope of incriminations and implications that, ironically, collapse under the weight of absurdity.

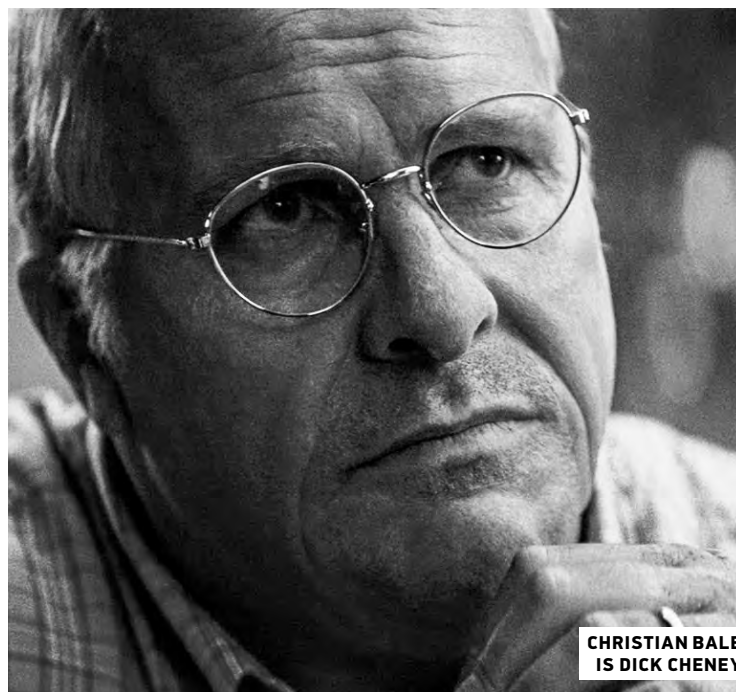
Vice is infotainment for shrink-wrapped liberals. It's torture porn for porcelain progressives. It's a Bronx cheer in the basement of *Dante's Inferno*.

If you took the worst tendencies of Michael Moore, Oliver Stone and Spike Lee, blended them into a puree and threw it against the wall, the results would be more coherent and interesting than *Vice*, a movie that is somehow both tediously obvious and infuriatingly dull.

Christian Bale stars as Cheney, and much has been made of his remarkable transformation. Indeed, Bale is a dead-ringer for Cheney, right down to the bastard's baritone growl and Svengali sneer. But his performance is more imitative than revelatory — a fantastic costume meant to wow and win awards, but ultimately forgettable.

Amy Adams plays his wife, Lynne Cheney, in a performance that adds nothing whatsoever to her career.

Sam Rockwell is great as George W. Bush. Sam Rockwell is always great. He's the best



CHRISTIAN BALE
IS DICK CHENEY

thing about this movie.

So much for the good news. Whereas McKay's previous film, *The Big Short*, exhibited a wild verve and insider smarts that covered its massive artistic deficiencies, *Vice* feels like the bitter end of an amphetamine jag, when everything's abuzz but nothing is left, emotionally or intellectually.

Worse yet, it can't find anything resembling a consistent tone. It veers from high farce to melodrama to mannered comedy to documentary footage of the Gulf War and 9/11, the last of which becomes assaultive and insulting as a rhetorical device meant to jolt us into awareness, exactly where the rest of the movie can't.

And the whole thing is narrated in a ghostly way by a fictitious Gulf War vet (Jesse Plemons) whose heart is transplanted into Cheney after a fatal accident. It's a didactic and juvenile conceit that feels like a last-minute corrective to a faulty script. I would rather have seen a movie about Cheney as an actual vampire. That would have been fun.

Instead, *Vice* is a movie that panders to our current Trump-rage to such an extent that it feels at once opportunistic and scapegoating — a blighted and remedial attempt to alert us to the corruption of our political system that reveals, instead, just how degraded our political acumen has become.

The most astonishing achievement of this film is that it takes an evil mofo like Cheney and, miraculously, at once overplays and undermines the actual evil he did, by willy-nilly heaping everything onto his back — all at the expense of clarity. It makes Dick at once more monstrous and less monstrous than he is, thereby neutering and nullifying his status as a real human being existing in history. I'm surprised the movie didn't retroactively blame him for the Holocaust.

This, then, is where we're at: an empty hollering about obviously vile people doing obviously vile things that forgoes all artistic, political and intellectual integrity in favor of a schizophrenic inventory of crimes and corruption. I suppose if you don't already know that Dick Cheney is a terrible human being with blood on his hands, this movie might have something for you. And if you don't want to believe it, this movie will impeccably reinforce how stupid and misguided we snowflakes are. Lose-lose.

But what I really suspect is that we're now moving past the point of ideological possession into a twilight zone of expressive nihilism, where we all bask in the pre-ordained glow of our own pre-packaged despair. Pick your poison.

If that's indeed the point, then *Vice* succeeds. It filled me with more despair than a Trump press conference.

Fake news, indeed. ■

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FINAL WEEK
DAILY 11:10 4:00

FREE SOLO
FRI-WED 11:00 1:10 1:45 3:20 5:30
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THU 1/10 11:00 1:10 1:45 3:20 5:30
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*SMALLFOOT - 1:50 PM *CAN YOU EVER FORGIVE ME? - 2:35 PM

WIDOWS 4:30	WILDLIFE *3:30, 5:20	A STAR IS BORN 6:45
CRAZY RICH ASIANS 7:10	BOHEMIAN RHAPSODY *12:15, 9:05	LABYRINTH *12:05, 9:15

MUSIC LISTINGS

THURSDAY ^{1/3}

5TH STREET PUBLIC MARKET
Timothy Patrick—5pm; n/c

BEERGARDEN Lofty—7:30pm; n/c

CHOW David Mitchell—6:30pm; n/c

COWFISH Baila!—9pm; \$3-5

DEXTER LAKE CLUB Karaoke w/ Jared—9pm; n/c

LUCKEY'S CLUB Grateful Dead Family Jam—10pm; \$3

MAC'S NIGHTCLUB Dueling Pianos ft. Skip Jones & Hank Shreve—7pm; n/c

MC SHANE'S BAR & GRILL
Acoustic Underground Open Mic—7:30pm; n/c

MULLIGAN'S PUB Karaoke—9pm; n/c

OLD NICK'S PUB The Fix up every First Thursday-reggae- Dancehall—9pm; n/c

OVERTIME BAR & GRILL
Westside Blues Jam w/ Dave Roberts—6pm; n/c

SEASONS BAR & GRILL Karaoke w/ Sassy Patty—8pm; n/c

TERRITORIAL VINEYARDS
Confluence—7pm; n/c

THE BARNLIGHT Karaoke—7:30pm; n/c

THE DRAKE BAR Flashback Drag Takeover—10:30pm; n/c

THE EMBERS SUPPER CLUB EZ Money—9pm; n/c

WHIRLED PIES St. Germain Street Band—6pm; n/c

FRIDAY ^{1/4}

AXE & FIDDLE Louiza, Takatu Boostep—8:30pm; n/c

BILLY MAC'S Christie & McCallum—7:30pm; n/c

BLAIRALLY VINTAGE ARCADE
Church of the '80s Night—9:30pm; DJ, \$3

BRONCO SALOON Karaoke w/ Lindsey—9pm; n/c

BREW & CUE Karaoke Night—9pm; n/c

CHOW Barbara Dzero Jass Duo (Piano/Bass)—6pm; n/c

COWFISH Everybody Friday—9pm; \$3

DOC'S PAD Karaoke w/ KJ Power—9pm; n/c

DRIFTWOOD BAR Karaoke w/ Slick Nick—9pm; n/c

EL TAPATIO CANTINA Karaoke w/ KJ Rick—9pm; n/c

EUGENE DOWNTOWN LIBRARY
Joe Manis Trio—6pm; n/c

GRIDIRON GRILL Karaoke Night—9pm; n/c

HAPPY HOURS The Johnny Wilde Band—8:30pm; n/c

JALISCO MEXICAN RESTAURANT
Friday Night Blues—7pm; n/c

JIMMY'S Karoke w/ Zach—9pm; n/c

JERSEY'S Karaoke w/ Sassy Patty—9pm; n/c

LUCKEY'S CLUB SurfsDogs, Kulululu—10pm; \$5

OREGON WINE LAB Sarah Burkhart Trio—7pm; n/c

SAGINAW VALLEY Huckleberrys!—6pm; n/c

SAM BOND'S BREWING Cross Current—7pm; n/c

SAM BOND'S GARAGE Dos Tacos—9:30pm; n/c

SWEET CHEEKS WINERY Jesse Boden Band—6pm; n/c

TERRITORIAL VINEYARDS Tim Miller Effect—7pm; n/c

THE EMBERS Rock 'n Rewind—9pm; n/c

THE JAZZ STATION Joe Manis Trio—7:30pm; \$12

TSUNAMI BOOKS Larry Pattis & Eric Skye American Guitar Masters Concert—7pm; \$15

VIKING BRAGGOT CO. Breaker's Yard—7pm; n/c

WILDCRAFT CIDER WORKS NW Beats Presents: The Network—6pm; n/c

WHIRLED PIES Uncle Stumbles—6pm; n/c

SATURDAY ^{1/5}

BEERGARDEN Fiddlin' Big Sue Band—7:30pm; n/c

BREW & CUE Karaoke Night—9pm; n/c

DOC'S PAD Karaoke w/ KJ Power—9pm; n/c

DRIFTWOOD BAR Karaoke w/ Slick Nick—9pm; n/c

LUCKEY'S CLUB The Ferenjis, Sonic Bent, Upstate Trio—10pm; \$5

POURHOUSE TAVERN Karaoke Night w/ Dom—9pm; n/c

SAM BOND'S GARAGE Cap'n Trips—9:30pm; \$5

TERRITORIAL VINEYARDS
Geoffrey Mays—7pm; n/c

THE EMBERS SUPPER CLUB Rock 'n Rewind—9pm; n/c

THE JAZZ STATION Evolution Jazz Trio w/ Austin Hass—7:30pm; \$12

TWISTED DUCK Karaoke w/ KJ Fedora, 9pm; n/c

WHITE HORSE SALOON Karaoke w/ Sarah—9pm; n/c

SUNDAY ^{1/6}

AGATE ALLEY BISTRO Karaoke w/ Breezy Bee—9pm; n/c

COWFISH Recess—9pm; n/c

CUSH CAFE Open Mic—2pm; n/c

FIRST UNITED METHODIST CHURCH
Concerts at First - Twelfth Night Celebration—3pm; \$10

JALISCO MEXICAN RESAURANT
School of Blues Sunday Jam—3pm; n/c

LUCKEY'S CLUB The Broadway Revue Burlesque Show—10pm; \$5

MOHAWK TAVERN Karaoke w/ Caught in the Act—9pm; n/c

MULLIGAN'S PUB Open mic—8:30pm; variety, n/c

THE DRAKE Karaoke—9pm; n/c

THE EMBERS Karaoke w/ Sassy Patty—7pm; n/c

THE RIVER STOP Open Sunday Jam—6pm; n/c

WEBFOOT Karaoke w/ KJ Power—9pm; n/c

WILDCRAFT CIDER WORKS
Joshua Caraco—4pm; n/c

MONDAY ^{1/7}

BLAIRALLEY VINTAGE ARCADE
The Quick & Easy Boys—9pm; \$15

CENTENNIAL STEAK HOUSE
Karaoke w/ Crystal Harmony & Makada—9pm; n/c

COWFISH Queen Karoke w/ Sammy—9pm; soul, n/c

FIRST NATIONAL TAPHOUSE Open Mic—8pm; n/c

GOOD SAMARITAN SOCIETY (CHAPEL)
Eugene Peace Choir - Singers Welcome—6pm; n/c

MOHAWK TAVERN PikSix—9pm; n/c

THE JAZZ STATION 1st Monday Jazz Orchestra—7:30pm; \$5-10

WILDCRAFT CIDER WORKS NW Beats Presents: The Network—6pm; n/c

TUESDAY ^{1/8}

AXE & FIDDLE Open Mic Habitat for Humanity (benefit)—6:40pm signup; don.

HI-FI LOUNGE World Reggae Night—9pm; \$3

SAM BOND'S GARAGE Bluegrass Jam—9pm; n/c

WHIRLED PIES Acoustic Jams—7pm; n/c

WEDNESDAY ^{1/9}

BREW & CUE Crystal Harmony Karaoke—9pm; n/c

COWFISH West Coast Wednesday w/ Dis Primvl & SVNKA—9pm; n/c

DRAKE BAR DJ Qamron Crooks—10pm; n/c

JERSEY'S Karaoke w/ Sassy Patty—8pm; n/c

LUCKEY'S CLUB Groove Sessions w/ The Groove Crew—10pm; \$3

MOHAWK TAVERN Karaoke w/ Caught in the Act—9pm; n/c

MULLIGAN'S PUB Open Mic—8:30pm; variety, n/c

PUBLICHOUSE Brothers in Law—7pm; n/c

THE COOLER BAR Rock Star Karaoke—8pm; n/c

THE DRAKE Music w/ Connah Jay—10pm; n/c

THE JAZZ STATION Jammin' w/ The Pros—7:30pm; \$3-5

THE POKER LOUNGE DJ'd Party Nights—8pm; n/c

WEST END TAVERN Karaoke—9pm; n/c

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TH Jazz Jam—9pm; n/c

CLOUD & KELLY'S PUBLIC HOUSE - Corvallis

SU Celtic Jam Session—3:30pm; n/c

MO Bryson Skaar—7pm; n/c

TU Celtic Jam—7pm; n/c

MUSIC BY WILL KENNEDY

DO YOU KULULULU?

The omni-genre collective from Portland and Tucson comes to Eugene for a show at Luckey's

Is **Kulululu** a band from Portland, a group of space aliens come to Earth to observe humanity, or some kind of new age lifestyle choice? Chatting with a press representative from the band (all members remain anonymous, I'm told) and the answer is... well, all of the above.

From the opening track on Kulululu's self-titled latest release, they sing: "We are Kulululu/and you are Kulululu/and they are Kulululu." But what is Kulululu?

The band's press representative says those lines from the song are all you really need to know.

"It's kind of an all-encompassing term," he says. If anything, Kulululu is the "ability to identify with what you feel is most true to your own character and your own interests."

OK, I get it now. Sorta. So I listen to to Kulululu, and it starts to clear up.

What Kulululu is for sure is an insanely fun, joyously weird, omni-genre collective, splitting time between Portland and occasionally Tucson, Arizona. There are elements of Devo, and Oingo Boingo in the sound. But there's also ska-punk, pop-punk, Zappa-style revelry, and even hard-

core punk on album-tracks like the 47-second-long blaster "Crab Dad."

The band always performs in masks and disguises of their own making: from mime make up and scarves, to elaborate French revolution-era wigs. The press represen-

tative says the practice of disguising oneself "totally informs the freedom of creativity" for the musicians

"In a lot of popular music on earth," he goes on, "we hear songwriters exploring their emotions and their feelings: telling their story, getting a lot of individual experience." Kulululu, on the other hand, wants to get outside the human experience. To observe it "from a different perspective."

Playing along with the premise the band members are actually space aliens (who says they're not?), I ask him what, if anything, he's learned or observed about humanity while on Earth.

"One thing that is most frustrating for me, and that I'm constantly troubled by, is the immense inequality that exists across the board," he responds. "In a global perspective and an economic perspective." But amidst all this inequality and injustice, he goes on, "we are able to find beauty in the world."

"Being joyous is important," he says. "It's important to be sad, frustrated, angry," but "it's also really important to have fun while we're here. If more people took the time to seek out, or cultivate the positive in their communities, some of that negative might be outweighed by the positive."

In the end, I'm still not sure exactly what Kulululu is. But as their song says, we are all Kulululu, and that's good enough for me.

*Kulululu lands locally with Eugene's **VCR** and **Surfsdrugs** 10 pm Friday, Jan. 4, at Luckey's; \$5, 21-plus.*



PHOTO BY HEATHER HANSON / COURTESY KULULULU

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JOSEPH LIEBERMAN'S GREED

A DELICIOUSLY SINFUL YEAR

Coming to The Shedd in February, *Seven Deadly Sins* inspires art at New Zone this First Friday

Eugene singer Siri Vik has regularly performed music by Kurt Weill and Bertolt Brecht — pieces from *The Three Penny Opera* and *The Rise And Fall of the City of Mahagonny* — practically since she first brought her operatic voice to The Shedd almost a decade ago.

But no one here has tried staging Weill and Brecht's entire original 1933 *ballet chanté* ("sung ballet") *The Seven Deadly Sins of the Petit-Bourgeoisie*. Until now.

On Friday, Feb. 22, Vik — along with co-conspirators Caitlin Christopher, Bill Hulings, Dylan Stasack and Cloud Pemble — will open a fully staged version of *The Seven Deadly Sins* for a two-performance run in The Shedd's Jaqua Concert Hall.

"Everyone does this piece and they always do it, in my view, wrong, and it ticks me off," says Jim Ralph, artistic director of The Shedd. "I'm convinced Siri can do it right — with respect and understanding of Brecht and Weill's original vision."

The show premiered in Paris in 1933 with Weill's wife, Lotte Lenya, and Tilly Losch, a ballerina who closely resembled Lenya in appearance, playing the lead roles of Anna I and Anna II. They represent the angelic and demonic sides of a single character. The director and choreographer was George Ballanchine.

W. H. Auden and Chester Kallman translated Brecht's German libretto for the show to English in the 1950s.

As part of the run-up to the performance, the New Zone Gallery, which has lost the lease on its downtown space and must move or close by the end of January, will exhibit

"This will be a uniquely cooperative blending of art, music, theater and dance, with a subject as relevant to today's lifestyles and politics as it was when the list of seven deadly sins first appeared in the fourth century," Lieberman says. "All seven sins represent patterns of dysfunction within us that eventually lead to unhappiness or worse."

Lieberman will be showing prints from a series of drawings he made of the seven deadly sins decades ago "during a time of turmoil in my life." Other artists with work in the show include Shirley Collins, Robert Horner, Dennis Duvaul, Robin Levin, Steve LaRicca, Dianne Sto-

'This will be a uniquely cooperative blending of art, music, theater and dance, with a subject as relevant to today's lifestyles and politics as it was when the list of seven deadly sins first appeared in the fourth century.'

— JOSEPH LIEBERMAN

art inspired by the traditional seven sins — which are, in performance order, Sloth, Pride, Wrath, Gluttony, Lust, Greed and Envy — at an exhibit opening during the First Friday ArtWalk on Jan. 4.

Writer and artist Joseph Lieberman — in the past a regular contributor to *Eugene Weekly* — coordinated the exhibit, which will be hung in the gallery's Klausmeier Room.

ry Cunningham, Ellen Gabehart, sandy sanders, Marilyn Marcus, Barbora Bakalarova, christe brunson, Betsy Huffsmith and Julie Williams.

In February, a larger version of the exhibit — about 40 works in all — will move to The Shedd, where it will be exhibited in the Sheffer Recital Hall during the weekend of the performances. ■

HEAR ME ROAR

*Catching up with
The Lion King's
Michael Curry*



MICHAEL CURRY USED AFRICAN THEMES TO COSTUME *THE LION KING*

If you've seen the Broadway musical *The Lion King*, then you know that its puppets and masks are some of the most beautiful and complex creations in theater. And if you haven't seen it and can score some tickets, you are in for a treat.

It would be easy to assume that Michael Curry, the creative mind behind the two-story giraffes, the life-size elephants, the leaping gazelles and the elegant cheetah must have grown up with art.

"I grew up on a faith-healing commune in Grants Pass, Oregon," Curry says. "We were not exposed to culture. But we were builders and self-reliant people."

From his studio in Scappoose, Oregon — a tiny community about 30 minutes northwest of Portland — Curry recalls a childhood, minus outside influences, that still afforded creativity.

"My father built his own house," Curry says. "My grandfather built his own automobile." They grew their own food, sewed their own clothes.

And one day, at about age 10, Curry says he started to draw.

"I was what you might call a natural artist," Curry says. "Self-taught, self-propelled."

Michael Curry Designs employs 54 full-time artists, currently meeting the collaborative demands of 12 simultaneous worldwide productions. Locally, the company has also done work for Eugene Ballet.

Curry wouldn't be where he is if it weren't for one special teacher who recognized his artistic talent and potential.

"My high school ceramics teacher let me draw," Curry says. She saved his best work, secretly submitting Curry's portfolio to art schools. When the time came for Curry to

graduate in 1976, he had a scholarship to the Pacific Northwest College of Art.

"I started as a sculptor and painter," Curry says. "My interest in puppetry was born out of trying to find a broader impact for sculpture."

The Lion King celebrated its 20th anniversary last year, with no signs of stopping.

Curry says it takes 18 months to bring a puppet from idea through creative iterations, "research and development," and finally to the stage.

"It took 35,000 labor hours to create the 110 characters in *The Lion King*," Curry says.

Most of the initial designs for the show were drawn, working with theater-maker Julie Taymor, in just 10 creative days.

Curry recalls that he and Taymor would visit the African Art wing at the Metropolitan Museum of Art in New York, "studying African materiality, ancient art and performance. And then we'd go back to Julie's loft and draw."

The costumes, puppets and masks in *The Lion King* are varied and distinctive, but share a common aesthetic.

"We wanted to do as little as possible to the human, to convey the completeness of the animal," Curry says.

In the show, human faces are uncovered. Costumes enhance the dance, and Taymor and Curry utilize a variety of global puppeteering traditions to tell this timeless story.

Not bad for a kid from Grants Pass.

Is there anything else he'd like Eugene audiences to know?

"Tell 'em every puppet in the show is built in Scappoose, Oregon," Curry says proudly. ■

Catch The Lion King at the Hult Center Wednesday, Jan. 9, to Sunday, Jan. 20. Tickets at HultCenter.org.

STREET FIGHTIN' MEN

Left-wing radio show and podcast comes to Eugene

"Power that isn't really justified by the will of the governed should be dismantled," Noam Chomsky says, defining anarchism as a political philosophy.

I pose that thought to Bryan Quinby. Alongside Brett Payne, Quinby hosts the anarcho-comedy podcast and terrestrial radio show *Street Fight Radio*.

Since 2011, listeners have called in to the show to commiserate, with humor, about life under capitalism.

"Anarchism is to hierarchy what atheism is to religion," Quinby says.

"Hierarchy is never good for the people at the bottom. Most of us end up there, so let's level the power structures out as much as humanly possible."

Now, the *Street Fight Radio* live show, which is based in Columbus, Ohio, is coming to Eugene. The visit is overdue, Quinby admits.

"From the early days of *Street Fight*, Eugene has been a city that we get a lot of interaction with," he says. "I always figured that when we went out West we would have to hit

Eugene and hang out with the people we have been talking to forever."

Before performing live, Payne and Quinby write a rough outline of how the show will go, prioritizing audience participation. The hosts almost never know what is going to happen when they hit the stage.

"We hold stuff back from each other so that it is still fun for us and the audience," Quinby says.

Since he's an esteemed media voice on all things left-wing, I ask Quinby if we're going to survive the Trump years. "I think the people who are always OK will be OK," he says. "But he has done some heavy damage to marginalized communities."

"I think the biggest laugh I get is when people insinuate that he is the 'blue-collar president,'" Quinby adds. "He is a guy that has never done anything physical in his entire life. Picture this guy changing a car tire or loading a truck. You can't." ■

Street Fight Radio LIVE comes to Eugene 9 pm Monday, Jan. 7, at Old Nick's; \$10, 21-plus.

WALKING THE ART TALK

Check out Jojo Abot, Adam Grosowsky and others in downtown galleries

Art lovers on Lane Arts Council's First Friday ArtWalk Jan. 4 have a delicious palette to choose from.

Among the offerings this month: Interdisciplinary artist Jojo Abot explores spirituality, community and identity in *Manifestations of a God*, which opens the ArtWalk at 5:30 pm Friday and runs through January at the Maurie Jacobs Community Room at the Hult Center.

The Ghanaian singer-songwriter, who also works in film, photography, writing and performance art, is in residence at the Hult during January.

Over on Willamette Street, the Karin Clarke Gallery is wrapping up its show of new works by Eugene painter Adam Grosowsky, the gallery's most popular artist. Grosowsky, who teaches art at Lane Community College, cuts a charismatic figure in the local art scene. A longtime rock climber, he is credited with inventing the sport of slack-lining, and continues to work on slack lines and slack wires in his free time.

Educated at Evergreen State College and the University of Iowa, Grosowsky early in his career had his work picked up by the Nordstrom's department store chain, for which he has done more than 80 canvases.

His big, dramatic oil paintings combine Caravaggio lighting with a contemporary sensibility; the new works in this show introduce bullfighting scenes and circus images to his familiar big heads and figures of women.

Grosowsky will talk about his work at the gallery, 760 Willamette Street, at 6 pm.

Other stops on the Friday walk include InEugene Real Estate, 100 E. Broadway, which is showing work by Jacqueline Victoria Davis; Oregon Art Supply, 2010 Pearl Street, with "A Study of Values," including work from Sarah Sedwick, Jenny Gray, Ann Bumb Hamilton, Zoe Cohen and Rebecca Mannheimer; and Epic Seconds, 30 E.11th Avenue, with paintings by Benjamin Terrell.

If you can't make it this week, you get a second chance: Springfield's Second Friday ArtWalk takes place on Friday, Jan. 11. ■



'HEAD 2' BY ADAM GROSOWSKY

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1 RM ON 12TH & TAYLOR Quiet street, close to UofO, 1 blk from bus. \$500 mo includes util. 1st+sec dep. Avail Feb. 503-481-8922

LEGAL NOTICES

IN THE CIRCUIT COURT OF LANE COUNTY- PROBATE DEPARTMENT- In the Matter of the Estate of **JUDITH MARION WILSON**, Deceased. Case No. 18PB09316 **NOTICE TO INTERESTED PERSONS: NOTICE IS HEREBY GIVEN** that the undersigned, Donald F. Mickelson, has been appointed Personal Representative. All persons having claims against the estate are required to present them, with vouchers attached, to the Personal Representative, Donald F. Mickelson, c/o Kent Anderson Law Office, 888 West Park, Eugene, Oregon 97401, within four months after the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may

obtain additional information from the records of the Court or the Personal Representative. **DATED AND FIRST PUBLISHED JANUARY 3RD, 2019.** /s/ Donald F. Mickelson, Personal Representative.

IN THE CIRCUIT COURT OF OREGON FOR THE COUNTY OF LANE: JUVENILE DEPARTMENT. In the Matter of: **LUKETHIAH WAYNE PERRIN**, A Child. Case No. 18JU07444. **PUBLISHED SUMMONS. TO: ROBERT WAYNE PERRIN IN THE NAME OF THE STATE OF OREGON:** Petitions have been filed asking the court to terminate your parental rights to the above-named children for the purpose of placing the children for adoption. **YOU ARE REQUIRED TO PERSONALLY APPEAR BEFORE** the Lane County Juvenile Court at 2727 Martin Luther King Jr. Blvd., Eugene, Oregon 97401, **ON THE 7TH DAY OF FEBRUARY, 2019 AT 10:00 A.M.** to admit or deny the allegations of the petition and to personally appear at any subsequent court-ordered hearing. **YOU MUST APPEAR PERSONALLY IN THE COURTROOM ON THE DATE AND AT THE TIME LISTED ABOVE. AN ATTORNEY MAY NOT ATTEND THE HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS.** This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated December 14, 2018. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Lane County. Date of first publication: 01/03/2019, Date of last publication: 01/17/2019. **NOTICE READ THESE PAPERS CAREFULLY** **IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT AS DIRECTED ABOVE, THEN YOU MUST APPEAR ON FEBRUARY 21, 2019 AT 10:00 A.M. AT THE SAME ADDRESS LISTED ABOVE. IF YOU FAIL TO APPEAR FOR BOTH OF THESE DATES OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING,** the court may proceed in your absence without further notice and **TERMINATE YOUR PARENTAL RIGHTS** to the above-named child either **ON THE DATES SPECIFIED IN THIS SUMMONS OR ON A FUTURE DATE,** and may make such orders and take such action as authorized by law. **RIGHTS AND OBLIGATIONS** [1] **YOU HAVE A RIGHT TO BE REPRESENTED BY AN**

ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, **CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE.** Your previous attorney may not be representing you in this matter. **IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY** and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. **TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT** the Lane Juvenile Department at 2727 Martin Luther King Jr. Blvd, Eugene, OR 97401, at 541/682-4754, between the hours of 8:00 a.m. and 5:00 p.m. for further information. **IF YOU WISH TO HIRE AN ATTORNEY,** please retain one as soon as possible and have the attorney present at the above hearing. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll free in Oregon at (800) 452-7636. **IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS.** [2] If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personally. **IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE UNDER ORS 419B.918 TO APPEAR BY OTHER MEANS INCLUDING, BUT NOT LIMITED TO, TELEPHONIC OR OTHER ELECTRONIC MEANS. AN ATTORNEY MAY NOT ATTEND THE HEARING(S) IN YOUR PLACE.** PETITIONER'S ATTORNEY: Hilary R. Jacobson, Senior Assistant District Attorney General, Department of Justice, 975 Oak Street, Suite 200, Eugene, Oregon, 97401. ISSUED this 19th day of December, 2018. Issued by: Hilary R. Jacobson #050689, Senior Assistant District Attorney General.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY, Probate Department. In the Matter of the Estate of **GLORIA C. EDDY**, Deceased. Case No. 18PB04088. **NOTICE TO INTERESTED PERSONS: NOTICE IS HEREBY GIVEN** that

the undersigned has been appointed Personal Representative. All persons having claims against the estate are required to present them, with vouchers attached, to the undersigned Personal Representative at 767 Willamette Street, Suite 302, Eugene, Oregon 97401, within four months after the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the Court, the Personal Representative, or the attorney for the Personal Representative, John C. Fisher. **DATED AND FIRST PUBLISHED ON DECEMBER 20, 2018.** /s/ Michael J. McNally, Personal Representative

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LINCOLN COUNTY JUVENILE DEPARTMENT Case No. 18JU08843 **PUBLISHED SUMMONS** In the Matter of: **MATTHEW COOPER**, a Child. **TO: MATTHEW R. COOPER, SR. IN THE NAME OF THE STATE OF OREGON:** A petition has been filed asking the court to establish jurisdiction under 419B.100 for the above-named child. **YOU ARE REQUIRED TO PERSONALLY APPEAR BEFORE** the Lincoln County Court at 225 West Olive Street, Newport, Oregon 97365, on the 24th day of January, 2019 at 9:00 a.m. for a Trial, and on the 18th day of January, 2019 at 8:30 a.m. for a Trial Readiness hearing, to admit or deny the allegations of the petition and to personally appear at any subsequent court-ordered hearing. **YOU MUST APPEAR PERSONALLY IN THE COURTROOM ON THE DATE AND AT THE TIME LISTED ABOVE. AN ATTORNEY MAY NOT ATTEND THE HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS.** This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated December 6, 2018. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Lane County. Date of first publication: December 20, 2018 Date of last publication: January 3, 2019. **NOTICE READ THESE PAPERS CAREFULLY** **IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-**

ORDERED HEARING, the court may proceed in your absence without further notice and TAKE JURISDICTION of the above-named child either ON THE DATE SPECIFIED IN THIS SUMMONS OR ON A FUTURE DATE, and may make such orders and take such action as authorized by law.**RIGHTS AND OBLIGATIONS** (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter. IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT the Lincoln Juvenile Department at 225 West Olive Street, Newport, Oregon 97365, phone number [541] 265-4236, between the hours of 8:00 a.m. and 5:00 p.m. for further information. IF YOU WISH TO HIRE AN ATTORNEY, please retain one as soon as possible and have the attorney present at the above hearing. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at [503] 684-3763 or toll free in Oregon at [800] 452-7636. IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS.(2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personally. **IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE UNDER ORS 419B.918 TO APPEAR BY OTHER MEANS INCLUDING, BUT NOT LIMITED TO, TELEPHONIC OR OTHER ELECTRONIC MEANS. AN ATTORNEY MAY NOT ATTEND THE HEARING(S) IN YOUR PLACE.** PETITIONER'S ATTORNEY : Kristyn M Houston, Assistant Attorney General, Department of Justice, 1162 Court Street NE, Salem, OR 97301-4096. Phone: [503] 934-4400. ISSUED this 11th day of December, 2018. Issued by: Kristyn M Houston #145304, Assistant Attorney General.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LINCOLN COUNTY JUVENILE DEPARTMENT Case No. 18JU08843 PUBLISHED SUMMONS In the Matter of: **MATTHEW COOPER**, a Child, **TO: ANARAH ROSE MELTON.** **IN THE NAME OF THE STATE OF OREGON:** A petition has been filed asking the court to establish jurisdiction under 419B.100 for the above-named child. **YOU ARE REQUIRED TO PERSONALLY APPEAR BEFORE** the Lincoln County Court at 225 West Olive Street, Newport, Oregon 97365, on the 24th day of January, 2019 at 9:00 a.m. for a Trial, and on the 18th day of January, 2019 at 8:30 a.m. for a Trial Readiness hearing, to admit or deny the allegations of the petition and to personally appear at any subsequent court-ordered hearing. **YOU MUST APPEAR PERSONALLY IN THE COURTROOM ON THE DATE AND AT THE TIME LISTED ABOVE. AN ATTORNEY MAY NOT ATTEND THE HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS.** This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated December 6, 2018. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Lane County. Date of first publication: December 20, 2018 Date of last publication: January 3, 2019. **NOTICE READ THESE PAPERS CAREFULLY IF YOU DO**

NOT APPEAR PERSONALLY BEFORE THE COURT OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING, the court may proceed in your absence without further notice and TAKE JURISDICTION of the above-named child either ON THE DATE SPECIFIED IN THIS SUMMONS OR ON A FUTURE DATE, and may make such orders and take such action as authorized by law.**RIGHTS AND OBLIGATIONS** (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter. IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT the Lincoln Juvenile Department at 225 West Olive Street, Newport, Oregon 97365, phone number [541] 265-4236, between the hours of 8:00 a.m. and 5:00 p.m. for further information. IF YOU WISH TO HIRE AN ATTORNEY, please retain one as soon as possible and have the attorney present at the above hearing. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at [503] 684-3763 or toll free in Oregon at [800] 452-7636. IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS.(2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personally. **IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE UNDER ORS 419B.918 TO APPEAR BY OTHER MEANS INCLUDING, BUT NOT LIMITED TO, TELEPHONIC OR OTHER ELECTRONIC MEANS. AN ATTORNEY MAY NOT ATTEND THE HEARING(S) IN YOUR PLACE.** PETITIONER'S ATTORNEY : Kristyn M Houston, Assistant Attorney General, Department of Justice, 1162 Court Street

NE, Salem, OR 97301-4096. Phone: [503] 934-4400. ISSUED this 11th day of December, 2018. Issued by: Kristyn M Houston #145304, Assistant Attorney General.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE NELLIE MAE BOND, PETITIONER V. BRET RICHARD KIZER, RESPONDENT CASE NO. 18-01-18672 NOTICE TO PETITIONER Respondent has filed a Motion to Terminate Stalking Protective Order in this matter. A hearing on that Motion will be heard on February 4, 2019 at 9:00 a.m. in Courtroom 408 or as otherwise directed by the scrolling board in the lobby of the Lane County Circuit Court located at 125 E. Eighth Avenue, Eugene, Oregon 97401. https://www.courts.oregon.gov/courts/lane. If you do not appear as noticed, then Respondent's Motion to Terminate Stalking Protective Order will be granted. If you have questions, you should see an attorney immediately. If you need help finding an attorney, you may call the Oregon State Bar Lawyer Referral Service at 800-452-7636.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE PROBATE DEPARTMENT: In the Matter of the Estate of **VERNON DALE MCCALL**, Deceased. Case No. 18PB09253. **NOTICE TO INTERESTED PERSONS :** NOTICE IS HEREBY GIVEN THAT STANTON B. TURNER has been appointed as Personal Representative of the Estate of Vernon Dale McCall, Deceased. All persons having claims against the estate are required to present them within four months after the date of first publication of this notice to the Personal Representative at the address stated above for the presentation of claims or such claims may be barred. All persons whose rights may be affected by these proceedings may obtain additional information from the records of the Court, the Personal Representative, or the Attorney for the Personal Representative, named above. **DATED AND FIRST PUBLISHED JANUARY 3RD, 2019.** Attorney for Petitioner: Janice L. Mackey, OSB #003001, Hutchinson Cox, PO Box 10886, Eugene, OR, 97440. Phone: 541-343-8693. Fax: 541-343-8693 Email: jmackey@eugenelaw.com

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE-JUVENILE DEPARTMENT. Case No. 18JU06964 PUBLISHED SUMMONS In the Matter of: **RAELYNN NYCOLE LA FRANCE**, a child, **TO: DUSTIN**

STEVEN LA FRANCE: IN THE NAME OF THE STATE OF OREGON: A petition has been filed asking the court to terminate your parental rights to the above-named child for the purpose of placing the child for adoption. **YOU ARE REQUIRED TO PERSONALLY APPEAR BEFORE** the Lane County Juvenile Court at 2727 Martin Luther King Jr. Blvd., Eugene, Oregon 97401, on the 7th day of February, 2019 at 10:00 a.m. to admit or deny the allegations of the petition and to personally appear at any subsequent court-ordered hearing. **YOU MUST APPEAR PERSONALLY IN THE COURTROOM ON THE DATE AND AT THE TIME LISTED ABOVE. AN ATTORNEY MAY NOT ATTEND THE HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS.** This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated December 12, 2018. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Lane County. Date of first publication: December 27th, 2018. Date of last publication: January 10th, 2019. **NOTICE**

READ THESE PAPERS CAREFULLY- IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT AS DIRECTED ABOVE, THEN YOU MUST APPEAR ON FEBRUARY 21, 2019 AT 10:00 A.M. AT THE SAME ADDRESS LISTED ABOVE. IF YOU FAIL TO APPEAR FOR BOTH OF THESE DATES OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING, the court may proceed in your absence without further notice and **TERMINATE YOUR PARENTAL RIGHTS** to the above-named child **either ON THE DATES SPECIFIED IN THIS SUMMONS OR ON A FUTURE DATE**, and may make such orders and take such action as authorized by law.**RIGHTS AND OBLIGATIONS** (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter. IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT the Lane Juvenile Department at 2727 Martin Luther King Jr. Blvd, Eugene, OR 97401, at

541/682-4754 , between the hours of 8:00 a.m. and 5:00 p.m. for further information.**IF YOU WISH TO HIRE AN ATTORNEY,** please retain one as soon as possible and have the attorney present at the above hearing. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at [503] 684-3763 or toll free in Oregon at [800] 452-7636.**IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS.**(2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personally. **IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE UNDER ORS 419B.918 TO APPEAR BY OTHER MEANS INCLUDING, BUT NOT LIMITED TO, TELEPHONIC OR OTHER ELECTRONIC MEANS. AN ATTORNEY MAY NOT ATTEND THE HEARING(S) IN YOUR PLACE.** PETITIONER'S ATTORNEY: Anthony H Dundon, Assistant Attorney General, Department of Justice, 975 Oak Street, Suite 200, Eugene, OR., 97401. Phone: [541] 686-7973. Issued this 19th day of December, 2018. Issued by: /s/ Anthony H Dundon, Anthony H Dundon #143116, Assistant Attorney General.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE: In the Matter of: Kaylyn C. Jones and Jean- Paul Cunningham, Petitioner, and Karleigh A.C. Jones, Respondent. Case No. 15-09-21300. **SUMMONS: DOMESTIC RELATIONS SUIT.** To: Karleigh A.C. Jones, Respondent [Home Address: Unknown, Work Address: Unknown] The petitioner has filed a motion asking for Order to Show Cause Regarding Judgment Modification re: Custody, Parenting time, and Child support. If you do not file the appropriate legal paper with the court in the time required (see below), the petitioner may ask the court for a judgment against you that orders the relief requested, **NOTICE TO RESPONDENT: READ THESE PAPERS CAREFULLY!** You must "appear" in this case or the other side will win automatically. To "appear", you must file with the Court a legal paper called a "Response" or "Motion." Response forma may be available through the court located at: 125 East 8th Avenue, Eugene, Oregon 97401. **THIS RESPONSE MUST BE FILED WITH THE**

COURT CLERK OR ADMINISTRATOR WITHIN THIRTY (30) DAYS OF THE DATE OF THE FIRST PUBLICATION SPECIFIED HEREIN: DECEMBER 13TH, 2018 ALONG WITH THE REQUIRED FILING FEE. It must be in proper form and you must show that the Petitioner's attorney [or the Petitioner if he/she does not have an attorney] was served with a copy of the "Response" or "Motion". The location to file your response is at the court address indicated above. If you have questions, you should see an attorney immediately. If you need help finding an attorney, you may contact the Oregon State Bar's Lawyer Referral Service online at www.oregonstatebar.org or by calling [503] 684-3763 [in the Portland metropolitan area] or toll free elsewhere in Oregon at [800] 452-7636. If special accommodation under the American's with Disabilities Act is needed, please contact your local court at the address above; telephone number: [541] 682-4020. /s/ Chal McCollough, Respondent.

NOTICE TO INTERESTED PERSONS: ESTATE OF IRIS CAROL MACE. LANE COUNTY CIRCUIT COURT CASE NO. 18PB09061 **NOTICE IS HEREBY GIVEN** that the undersigned has been appointed Personal Representative. All persons having claims against the estate are required to present them, with written evidence thereof attached, to the undersigned Personal Representative Samantha Mace, c/o Janice L. Mackey, HUTCHINSON COX, PO Box 10886, Eugene, Oregon 97440. All persons having claims against the estate are required to present them within four months after the date of first publication of this notice to the Personal Representative at the address stated above for the presentation of claims or such claims may be barred. All persons whose rights may be affected by these proceedings may obtain additional information from the records of the Court, the Personal Representative, or the Attorney for the Personal Representative, named above. **DATED AND FIRST PUBLISHED DECEMBER 27TH, 2018. PETITIONER:** Samantha Mace, 817 S. Fiske St., Spokane, WA 99202. Phone: 509-863-5696. Attorney for Petitioner: Janice L. Mackey, OSB #003001, Hutchinson Cox, PO Box 10886, Eugene, OR, 97440. Phone: 541-343-8693. Fax: 541-343-8693 Email: jmackey@eugenelaw.com

JONESIN' CROSSWORD

BY MATT JONES ©2018 Jonesin' Crosswords (editor@jonesincrosswords.com)

ACROSS

1 Santa-tracking defense gp.
6 Not yet decided, briefly
9 Club counterpart
14 NBA venue
15 Regret
16 "Citizen Kane" director
Welles
17 Extremely annoying kids' song ("doo doo doo doo doo doo") which also featured in themed clothing like a pajama set or graphic T
19 Greek goddess trio, with "the"
20 Action sequel called the worst movie of 2018 by multiple critics (with hastily-edited ads ending in "Rated R")
22 They use toner
25 Abbr. for some low-income shoppers
26 Goes outside of coverage
27 Grass or weed
29 Network bringing back

"Temptation Island" in January 2019
32 One of 30 on a dodecahedron
33 Words in an infomercial disclaimer
35 Collectible disk for '90s kids
36 Stout relative
37 College football team ranked 121st out of 129 by CBS Sports (between New Mexico and Kent State U.)
38 AAA map abbr.
39 To be, in Toledo
40 Receipt figure
41 "The Shape of Water" director Guillermo del ____
42 Curve in a figure eight
43 Chicken, pejoratively
44 Moving day rental
45 Corney key
46 Paid no heed to
48 Entertainer criticized for a racially insensitive tweet in

October--not a good look for the Divine Miss M
52 Chip in a Mexican dish named for its inventor
53 Canceled Fox sitcom with a first episode aptly titled "Pilot" (that's Pilot with a capital "P")
57 Western film, slangily
58 "Let's call ____ day"
59 You are here
60 Great honor
61 Laze, with "out"
62 Nine, in some "Sesame Street" episodes

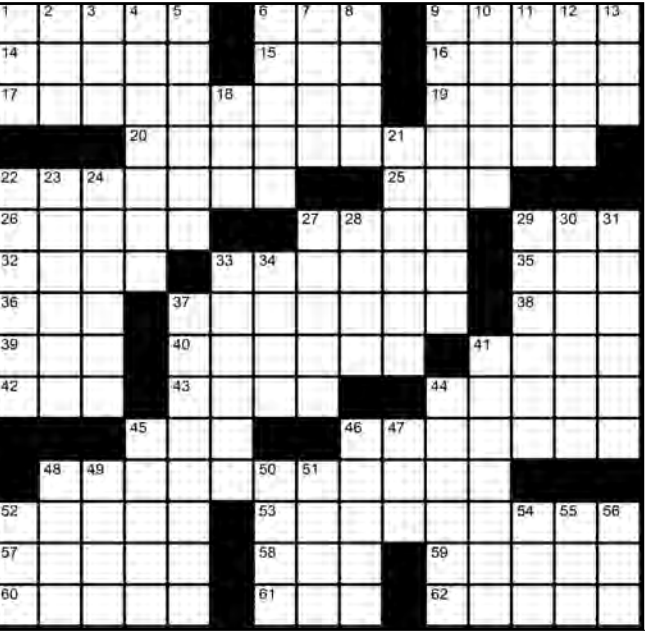
DOWN

1 Apprehend
2 "Been Lying" singer Rita
3 Civil War soldier, for short
4 Day or night
5 Some Morse code symbols
6 Links hazards
7 "Perry Mason" star
Raymond

"Not the Best of 2018"

--we've saved the very worst for last.

8 Apollo astronaut Slayton
9 Convertible furniture for sleeping
10 Chris of "The Lego Movie 2"
11 On the subject of
12 Active type
13 Funny duo?
18 "On ____ Majesty's Secret Service"
21 Leave the airport
22 Origami step
23 A bunch
24 Cellphone forerunners
27 Excavate
28 Greg who missed the entire 2007-08 season after his #1 NBA draft pick
29 Commotion
30 "I totally agree"
31 Dating from time immemorial
33 Pedicurist's stone
34 Cartoon crimefighter ____ Ant
37 Progressive online news site since 2004
41 "Walden" author
44 Lopsided
45 Early anesthetic
46 Item on a dog collar
47 Day-____ (fluorescent)
48 Deity worshiped by Canaanites
49 ____ Cooler ("Ghost-busters"-themed Hi-C flavor)
50 1054, in Roman numerals
51 "Must've been something ____"
52 December drink
54 Ph.D. hopeful's exam
55 Off-road ride, briefly
56 "____-Ra and the Princesses of Power"



ANSWERS TO LAST WEEK'S

ABBAS RAJIV OAX
MEARA ERASE OXY
ANNIELENNOK NEZ
NOTE UKE BESS
DIALOG PADTHAI
ATM ROBBER AULO
EASIER IGLOO
JUSTINTRUDEAU
PONCE ATONED
OUTA FRESCA RAG
DRIPORY ALGORE
LEIA ALPISLE
PEN SIBSYSPECK
AGO GSPAN INONE
WOW SEANN STEEO

Hunky Dory

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\$20 CONCENTRATES
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through iheartjane.com

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**restrictions apply*

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541-345-1853

FREE WILL ASTROLOGY

BY ROB BREZSNY

ARIES (March 21-April 19): No one has resisted the force of gravity with more focus than businessman Roger Babson (1875–1967). He wrote an essay entitled “Gravity - Our Enemy Number One,” and sought to develop anti-gravity technology. His Gravity Research Foundation gave awards to authentic scientists who advanced the understanding of gravity. If that organization still existed and offered prizes, I’m sure that researchers of the Aries persuasion would win them all in 2019. For your tribe, the coming months should feature lots of escapes from heaviness, including soaring flights and playful levity and lofty epiphanies.

TAURUS (April 20-May 20): The night parrots of Australia are so elusive that there was a nearly six-decade stretch when no human saw a single member of the species. But in 2013, after searching for 15 years, photographer John Young spotted one and recorded a 17-second video. Since then, more sightings have occurred. According to my astrological vision, your life in 2019 will feature experiences akin to the story of the night parrot’s reappearance. A major riddle will be at least partially solved. Hidden beauty will materialize. Long-secret phenomena will no longer be secret. A missing link will re-emerge.

GEMINI (May 21-June 20): Millions of years ago, Europe, Asia, Africa, Australia, Antarctica, and North and South America were smooshed together. Earth had a single land mass, the supercontinent Pangea. Stretching across its breadth was a colossal feature, the Central Pangean Mountains. Eventually, though, Europe and America split apart, making room for the Atlantic Ocean and dividing the Central Pangean range. Today the Scottish Highlands and the Appalachian Mountains are thousands of miles apart, but once upon a time they were joined. In 2019, Gemini, I propose that you look for metaphorical equivalents in your own life. What disparate parts of your world had the same origin? What elements that are now divided used to be together? Re-establish their connection. Get them back in touch with each other. Be a specialist in cultivating unity.

CANCER (June 21-July 22): 2019 will be an excellent time to swim in unpolluted rivers, utter sacred oaths near beautiful fountains, and enjoy leisurely saunas that help purify your mind and body. You are also likely to attract cosmic favor if you cry more than usual, seek experiences that enhance your emotional intelligence, and ensure that your head respectfully consults with your heart before making decisions. Here’s another way to get on life’s good side: cultivate duties that consistently encourage you to act out of love and joy rather than out of guilt and obligation.

LEO (July 23-Aug. 22): Here are four key questions I hope you’ll meditate on throughout 2019: 1. What is love? 2. What kind of love do you want to receive? 3. What kind of love do you want to give? 4. How could you transform yourself in order to give and receive more of the love you value most? To spur your efforts, I offer you these thoughts from teacher David R. Hawkins: “Love is misunderstood to be an emotion; actually, it is a state of awareness, a way of being in the world, a way of seeing oneself and others.”

VIRGO (Aug. 23-Sept. 22): “Most living things begin in the absence of light,” writes Virgo author Nancy Holder. “The vine is rooted in the earth; the fawn takes form in the womb of the doe.” I’ll remind you that your original gestation also took place in the dark. And I foresee a metaphorically comparable process unfolding for you in 2019. You’ll undergo an incubation period that may feel cloaked and mysterious. That’s just as it should be: the best possible circumstances for the vital new part of your life that will be growing. So be patient. You’ll see the tangible results in 2020.

LIBRA (Sept. 23-Oct. 22): Many plants that modern Americans regard as weeds were regarded as tasty food by Native Americans. A prime example is the cattail, which grows wild in wetlands. Indigenous people ate the rootstock, stem, leaves, and flower spike. I propose that we use this scenario to serve as a metaphor for some of your potential opportunities in 2019. Things you’ve regarded as useless or irrelevant or inconvenient could be revealed as assets. Be alert for the possibility of such shifts. Here’s advice from Ralph Waldo Emerson: “What is a weed? A plant whose virtues have not yet been discovered.”

SCORPIO (Oct. 23-Nov. 21): The slow, gradual, incremental approach will be your magic strategy in 2019. Being persistent and thorough as you take one step at a time will provide you with the power to accomplish wonders. Now and then, you may be tempted to seek dramatic breakthroughs or flashy leaps of faith; and there may indeed be one or two such events mixed in with your steady rhythms. But for the most part, your glory will come through tenacity. Now study this advice from mystic Meister Eckhart: “Wisdom consists in doing the next thing you have to do, doing it with your whole heart, and finding delight in doing it.”

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian polymath Piet Hein wrote a poem in which he named the central riddle of his existence. “A bit beyond perception’s reach, / I sometimes believe I see / That life is two locked boxes / Each containing the other’s key.” I propose that we adopt this scenario to symbolize one of the central riddles of your existence. I’ll go further and speculate that in 2019 one of those boxes will open as if through a magical fluke, without a need for the key. This mysterious blessing won’t really be a magical fluke, but rather a stroke of well-deserved and hard-earned luck that is the result of the work you’ve been doing to transform and improve yourself.

CAPRICORN (Dec. 22-Jan. 19): What themes and instruments do people least want to hear in a piece of music? Composer Dave Solder determined that the worst song ever made would contain bagpipes, cowboy music, tubas, advertising jingles, operatic rapping and children crooning about holidays. Then he collaborated with other musicians to record such a song. I suspect that as you head into 2019, it’ll be helpful to imagine a metaphorically comparable monstrosity: a fantastic mess that sums up all the influences you’d like to avoid. With that as a vivid symbol, you’ll hopefully be inspired to avoid allowing any of it to sneak into your life in the coming months.

AQUARIUS (Jan. 20-Feb. 18): In Canada, it’s illegal to pretend to practice witchcraft. It’s fine to actually do witchcraft, however. With that as our inspiration, I advise you to be rigorous about embodying your authentic self in 2019. Make sure you never lapse into merely imitating who you are or who you used to be. Don’t fall into the trap of caring more about your image than about your actual output. Focus on standing up for what you really mean rather than what you imagine people expect from you. The coming months will be a time when you can summon pure and authoritative expressions of your kaleidoscopic soul.

PISCES (Feb. 19-March 20): In the eighteenth century, Benjamin Franklin was a Founding Father who played a key role in getting the United States up and running. He wasn’t happy that the fledgling nation chose the bald eagle as its animal symbol. The supposedly majestic raptor is lazy, he wrote. It doesn’t hunt for its own food, but steals grub obtained by smaller birds of prey. Furthermore, bald eagles are cowardly, Franklin believed. Even sparrows may intimidate them. With that as our theme, Pisces, I invite you to select a proper creature to be your symbolic ally in 2019. Since you will be building a new system and establishing a fresh power base, you shouldn’t pick a critter that’s merely glamorous. Choose one that excites your ambition and animates your willpower.

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SAVAGE LOVE

LOST KINKSTER
BY DAN SAVAGE



I'm a 19-year-old bisexual woman really into orgasm denial and edging. With the recent Tumblr ban on all NSFW content, I have no idea where to indulge my kinks and find my community. I've never needed to go anywhere else to find porn, explore my sexuality, and be surrounded by supportive people—and now I'm at a loss. A few Google searches have been really disheartening. Clearly I've been spoiled by all the easily found porn made by women, for women on Tumblr. Hell, I'm used to it being made by bisexuals, for bisexuals. I feel like I'm 15 again, desperately scouring the internet for anything that applies to me. Please tell me where I can find my porn!

Missing My Porn Community

P.S. You wrote about how this ban harms sex workers, Dan, but please write about how it harms queer and kinky people, too!

"Many people are scrambling to relocate their fetish communities in the wake of Tumblr's ban on 'adult content,'" said Alexander Cheves, a queer writer who lives in New York City. "Porn is more than hot videos—porn creates communities. I wouldn't know half the gross stuff I'm into if it weren't for Tumblr!"

Luckily, MMPC, the men and women who created and/or curated the content that spoke to you and affirmed your identity didn't evaporate on December 17, the day Tumblr's porn ban went into effect. Many have taken their clips, captions, GIFs, and erotic imaginations to other platforms and some are creating new platforms.

"MMPC should devote some time to scouring Twitter for bisexual women into orgasm denial and edging, some of whom may be uploading their original content to platforms like Just For Fans," said Cheves. "The creators of JFF are right now working on a more Tumblr-like social-media extension to their site. Other start-ups like Slixa or ShareSomeCome and social platforms like Switter have emerged in the wake of this crackdown. These are corners of the internet where MMPC can find her porn."

Cheves wrote a terrific piece for *Out* that connects the dots between Tumblr's ban on porn and the anti-sex, anti-porn, anti-sex-work, and anti-queer crackdown that was already under way on other platforms ("The Dangerous Trend of LGBTQ Censorship on the Internet," December 6, 2018). While there's still tons of porn on the internet, as many people have pointed out (myself included), the crackdown on explicit content on social-media platforms is fucking over vulnerable queers. As Eric Leue, executive director of the Free Speech Coalition, told Cheves: "Many people in straight, heteronormative communities don't understand what the big deal is [about the Tumblr adult content ban], because their lives and cultures are represented everywhere. For those in queer, or niche, or fetish communities, Tumblr was one of the few accessible spaces to build communities and share content."

And as long as sex-education programs don't cover queer sex or kinky sex—and there's no sign of improvement in either area—LGBTQ youth and young people with kinks will continue to get their sexual education on the internet. And the harder it is to access explicit content, particularly explicit noncommercial content, the harder it's going to be for young queers to find not just smut that speaks to them, but the education they need to protect themselves.

"More youth will get hurt and more will get HIV thanks to Tumblr's content ban," said Cheves. "That's not scaremongering—that will happen. Case in point: I grew up in a fiercely religious home on a 500-acre farm in the middle of Georgia with dial-up and a pretty intense parental blocker. I couldn't access porn—I couldn't even access articles with sexual illustrations, including sexual health illustrations. When I went to college in 2010, the same year Grindr hit the App Store, I knew absolutely nothing about HIV and nothing about my community. It's no wonder that I tested positive at 21."

Shortly after getting the news that he was HIV+, Cheves started an educational queer sex blog. "I answer sex questions from anyone who writes in—I stole the idea from you, Dan, to be honest," said Cheves. "I wanted to reach those kids in the middle of nowhere, kids like me."

While Cheves writes professionally today—you can find his advice column in the *Advocate* and his byline in other publications—he still updates and posts new content to thebeastlyxboyfriend.com, his original queer sex blog.

"Sites like my blog are needed now more than ever," said Cheves. "If MMPC wants to help her community survive, she may no longer have the option of being a passive consumer—she might have to start a website or blog, wave a digital flag, and find others. The internet is so massive that censorship will never be able to keep people with niche fetishes from congregating, digitally or otherwise. It's just going to be a little harder to find each other."

Follow Alexander Cheves on Twitter @BadAlexCheves.

My new partner is a swinger. Being GGG, I said, sure, we can go to swinger parties, even though I have often been uncomfortable in swinger spaces. Then I was nearly assaulted at a swinger party with my new partner. And if I hadn't kicked the shit out of the guy, I would have been assaulted. After being appropriately upset about the situation, I was told by one of the organizers: "Well, that is why you should bring a spotter or a couple of friends to a party. You have to protect yourself." Nowhere on the website for this party was that listed as something I should do. No other articles about swinging that I've read (or swinging podcasts I've listened to) suggested bringing "spotters" to ensure safety! So what is the standard of consent in swinger spaces? Is bringing a spotter just a given that nobody told me about? I want to be clear about the seriousness of the problem: What happened to me was not a touch on the leg to see if I might be interested in another joining in. It was someone trying to stick an unwrapped cock in me without asking if I would be okay with that!

Unhappy Nervous Swinger Absolutely Fucking Enraged

I've strolled around half a dozen straight swinger spaces—more than the average homo—and the standard for consent at each one I visited can be summed up in four words: Ask before you touch. My visits to straight swinging events/spaces/parties were strictly for research purposes, it should go without saying, but I'm saying it anyway: I went only to observe. And at one party, I observed a man attempt to enter a scene he hadn't been invited to join—by placing his hand on a woman's leg. The leg-touching creep was promptly ejected for violating the club's rules about consent, which all attendees were informed of in advance and agreed to adhere to once inside the club.

That's not just the way it's supposed to work in swinger spaces, UNSAFE, that's the way it *must* work in any swinger space, club, or party that hopes to survive. Because bad actors—almost always shitty men—make women feel unsafe. And when women feel unsafe in swinger spaces, they abandon them. And it's difficult to host a successful straight swingers event without women.

From the sound of things, UNSAFE, you had the misfortune of attending a shitty party run by shitty people. Someone attempted to violate you in a space where respect for boundaries, consent, and the bodily autonomy of other individuals is (or should be) paramount. And, no, you were not at fault for failing to bring a "spotter." The club was at fault for not emphasizing its own rules—and then, when a bad actor broke the rules and left another attendee feeling violated and unsafe, the club compounded its failure by blaming the victim.

I wouldn't blame you for not wanting to attend a swinger party with your new partner ever again—especially if your new partner stood by silently while you kicked the shit out of that asshole—but you shouldn't return to that particular swinger party again. The sooner Club Bring a Spotter goes out of business, the better.

Want more? Listen to the *Savage Lovecast* every week at savagelovecast.com.

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